د توبر کلوسز (نری رنځ) په اړه پوهیدو لپاره هغه څه چې تاسو اړتیا لرئ

په اړه یوهیدو لپاره هغه هخه چی تاسو ارتیا لرئ
**USING THIS FLIPCHART** (translated in Pashto)

Health assistants, community health outreach workers and others can use this flipchart to provide basic information and education on active TB while working with patients, families, and communities. Using the flipchart can help raise understanding and awareness of TB in the community and help people with active TB understand the disease and the importance of seeking care and completing treatment.

Topics covered include:

- The difference between latent TB infection and active TB
- Who is at highest risk of TB
- How TB is spread
- Signs and symptoms of active TB in adults and children
- Infants and children with TB and pregnancy and/or breastfeeding with TB
- How TB is diagnosed and treated
- Directly observed therapy (DOT) and monitoring for side effects
- The importance of completing treatment for TB
- Preventing the spread of TB and keeping communities safe

**How to use the flipchart**

Sit across from, or next to the patient and their family or community members. Show the patient the colored panel, while you are looking at the black and white panels (like this one). Read the information on the black and white panel to the patient, while they are looking at the corresponding colored panel. You can adjust or emphasize certain information, based on the specific situation.

**Tips for using the flipchart**

- Read the Health Care Worker panels carefully before using the flipbook. If you have any questions about the information, ask a doctor or nurse. Consider practicing with the flipbook, before using it with patients or community members.
- Ask patients and family members what they know about the different topics on each panel to start the discussion about that topic. Ask them questions about what you have discussed at various points to check that they understand the messages.
- Use the black and white panels to provide accurate information and be sure to use clear and simple language when talking about TB.
- Pause frequently to ask patients and families if they have any questions. If you do not know the answer, tell them you will speak to the TB coordinator or doctor and get back to them.
- Be positive and encouraging, emphasise that it is important to find and treat TB AND that TB is preventable and curable.
د توبر کلوسز (نری رنځ) په اړه پوهیدو لپاره هغه څه چې تاسو اړتیا لرئ
What is tuberculosis?

TB is a short name for tuberculosis. TB is a disease caused by bacteria. Bacteria are very small germs. They are too small to see, but can make you very sick.

There are two kinds of TB, latent TB infection, which is sometimes called LTBI and active TB, sometimes called TB disease.

If you have latent TB infection, the germs are alive but sleeping or inactive, and are not making you sick.

• You cannot spread TB germs to others when you have latent TB infection.
• The germs are in your body and can wake up and multiply if you don’t take treatment for latent TB infection. If this happens, you will become sick with active TB.
• Taking medicine for latent TB infection will kill the TB germs and stop you from getting active TB.

If you have active TB, the germs are awake and multiplying. They are hurting your body and usually make you feel sick.

• There are many germs in your body and you can spread the disease to others.
• If you have active TB you can become very sick and even die unless you take the right medicine.
• This medicine is the only way to kill the TB germs in your body.
• Taking medicine for active TB will help you get better and prevent your family and friends from getting sick with TB.
توبرکلوسز (نری رنځ) خه شي دی؟

توبرکلوسز یا تیوبککلریزی یوه ناروغي ده چی د مکروب له امله رامخته کيوي دلته دوه بوله TB شتون لري:

1. مکروبونه ويبس يا فعال دي
2. کپي شي تاسو د ناروغي احساس وکري
3. تاسو دير مکروبونه لري
4. تاسي كولي شي خيلو ملكرو او کورني ته TB خپور کري

لپاره درمل واخلي ترځو ستاسو درملنه وشي او د TB د فعال نورو خلکو له ناروغه كپي خه مختيويو وشي

(به) LTBI

د خفيه ناروغي (TB) مکروبونه خوب کوي
- تاسو ناروغي احساس نه کوي
- تاسي دير مکروبونه نه لري
- تاسو خيلو ملكرو او کورنی ته TB نشي خپرولی

لپاره درمل واخلي ترځو په فعال باندي اخته نشي. LTBI د

1. د توبر کلوسز (نری رنځ) به اره پوهيدو لپاره هغه خه جي تاسو ارتباتا لري.
What You Need to Know about Tuberculosis

Who is at the highest risk for developing TB disease from TB infection?

- Someone recently infected (in the last two years)
- Children ages 5 years or younger who have been exposed to an adult or adolescent with TB disease
- Someone with medical conditions that weaken the immune system, such as diabetes, or who is on medications that weaken the immune system
- A person who has end-stage renal disease
- Someone whose previous TB infection was untreated or poorly treated
په ناروغی د اخته کپچو له لور

د ناروغی کس

هغه مانور

چې عمرونه

بې 5 کاله په

لکه دی

خه خه کی

ښه ناروغی

خوارځواک

د معافیت

کمیزوری سیستم

د شکری

ناروغی مرحلی

د بینتورکو

د شکری

ناروغی

د پشار

د گواش عوامل

په دی وروستیو کی له کوم اخته کس

سره په تاساس کی کیده

(په ته دی 2 کلونو کی)
What You Need to Know about Tuberculosis

- Even though you are not sick now and cannot spread TB to others, you DO have TB bacteria in your body.
- Taking all your medication for TB infection as prescribed will kill the TB bacteria.
- Treatment for TB infection will prevent you from becoming sick and spreading TB to others.
د توبر کلوسز (نری رنځ) په اړه پوهیدو لپاره هغه څه چې تاسو اړتیا لرئ

د تاسو درملنه له TB له ناروغی خپه مخنیوی کوي!

د انتان لپاره درمل ستاسو TB د په بدن کي بكتيريا وورني

د تاسو درملنه له ناروغه کیدو خپه زغوری او نورو ته د ناروغی له TB خپرلوي خپه مخنیوی کوي!
TB germs are spread through the air.
When someone with active TB in the lungs coughs, sneezes, shouts, laughs or sings, the germs get into the air. If you breathe in air with TB germs, you may get active TB or latent TB infection. If latent TB infection is not treated, the sleeping germs can wake up and you can become sick with active TB.
Small children cannot spread TB germs into the air, so they do not spread the disease to others.
Adults and children get TB germs in their body by breathing them in.
Once someone with active TB is being treated with proper medicines, they will quickly stop being able to spread TB to others. This is why it is important to find people with active TB and start treatment quickly!
Pregnant women with active TB, especially those who are not treated, can sometimes have babies who are born with TB germs. These babies can be sick with active TB. Babies usually show signs of being sick 2 to 4 weeks after birth. If mothers are sick with active TB, their babies can also breathe in TB germs and get latent TB infection or become sick with active TB.
د توبر کلوس (نری رنځ) په اړه پوهیدو لپاره هغه څه چې تاسو اړتیا لرئ

کله چی یو داسی کس چی په سبرو کي بی
فعال شتون ولري تولخبری، پرنجی
کوي، چغی، خاندي یا سندري وايی
نور د TB مکروبونه په هوا کي خپریږي.

نور خلک گولی
شي مکروبونه
تنفس کري او په
اخته شي TB
• You do NOT get TB from food or from sharing food, dishes, clothing, or cigarettes.
• TB is not spread to others by holding or shaking hands.
• TB is not spread by saliva from kissing or sharing toothbrushes.
• You cannot get TB from sharing the same toilet.
• You do not need to have separate dishes or sheets for people with TB.

Adults and children get TB by breathing in TB germs that are in the air.
د لاندي شيانو چې واسطه نه خپرېری:

TB

• خواره یا یوخای خواره خوار
• په یو لوشی کی خواره خوار، د کالو یا سکرتو شریکول
• لاس ورکول یا د لاس نیول
• د مچی کولو لاری یا د غابنونو له یو برس خخه کته اخیستل
• له یو تشنااب خخه کته اخیستل
Anyone who breathes in TB germs can get active TB. But some people are at higher risk for getting active TB if they breathe in the TB germs. This includes:

- People with diabetes, especially if it is not well-controlled
- Children, especially very young children
- Smokers
- People who are underweight or malnourished
- People who are sick with other diseases like cancer
- People who have a lot of emotional or physical stress
خوک په فعال TB باندی اخته کدبی شخصی؟

په فعال TB باندی د خینو خلکو د اخته کبدو احتمال د نورو په پرتله بیر یو:
• هغه خلک چی د شکري ناروغی ولري
• مشومان
• سكرت شکرونوکي
• هغه خلک چی وزن پي کم وي
• هغه خلک چی په نورو ناروغی باندی اخته وي
• هغه خلک چی عاطفي یا فزيكي فشار ولري
In adults, TB is usually in the lungs, but it can also be in other parts of the body, like the stomach or abdomen, brain, or spinal cord.

Some of the signs of active TB in the lungs are:

- A bad cough that lasts 2 weeks or longer
- Pain in the chest
- Coughing up blood or phlegm from deep inside your chest
- Feeling weak or very tired all the time
- Having no appetite or losing a lot of weight quickly without trying
- Chills and fever
- Sweating at night or when you are sleeping

Some people with active TB have all of these symptoms. Others have very few symptoms. If you or someone in your family has any of these symptoms, especially if you have been around someone with TB, it is important to see a doctor or another health worker.
په څواتانو کي د فعال نبنی کومې دي؟

په عمومي دول، د څواتانو په سپرو کي نښېل د اړل چې تاسو اړتیا لرئ.

شامل دي:
- له 2 اونو خپله د بیر وخت لپاره د توخیدلو د سیني درد
- په توخي کي د ویني راتل
- کمزوري یا سترپ
- د وزن کمیبل
- لرېزه ته او ته د شپې لخوا خولی کبدل
- که چپري تاسو له دي
- علايمو خپله کومې لرئ
- نو یو داکتر یا بل روغتيايي
- کارکونکي ته ووايي
Children develop active TB in their lungs but are more likely than adults to get TB in other parts of the body. The lymph nodes of the neck are commonly involved when children have active TB. Children with active TB can get very sick very quickly. It is important to find children with active TB as soon as possible so they can be treated.

Children with active TB sometimes have the same symptoms as adults. Babies and small children with active TB may also have different symptoms. Early in the disease they could be well and not have any symptoms. Other signs of active TB in children are:

- Having less energy and being weak, sleepy, or less playful than usual
- Eating less and not growing or gaining weight
- Having swollen lymph nodes in their neck
- Learning or developing more slowly than other children

If your child has any of these symptoms, bring your child to see a doctor or health care worker right away! Be sure to tell the doctor if your child has been around someone with TB.

Teenagers may have the same symptoms as adults; cough, chest pain, fever, and sweating at night.

TB can be very serious in children. Bring your child to a doctor or health center if you have active TB, or if your child has been around someone else with TB or who is coughing a lot, even if your child is not sick. They could have latent TB infection and will need to take medicine so they don’t get active TB. If you have active TB, be sure to tell the health workers about children you spend time with.
په ماشومانو کي د فعال نښې کومی دي؟

د فعال سره ماشومان پیر ناروغه کپی شي TB

هغه ماشومان چي په فعال TB باندي اخته وي، د خوانانو په خپله علايه لري.
کپی شي خيني ماشومان به احساس ولري
نور ماشومان:
• کپی شي د لوري احساس يا لوبي ونکري
• کپی شي وده ونکري يا وزن ترلاسه نکري
• کپی شي چي په غاره گي ميره وېرې ولري
که چبېري ستساو ماشوم له دي علايمو خه
کومه ولي، نو سمدلاسه بي داکتر له بوخې
دا مهمه ده چي په ماشومانو کي په وخت سره تشخيص او درملنې پي وشي!

د توبير کلوسز (نری رنځ) په اره بوهيدو لباره هغه خه چي ناسو ارتيا لرې
• TB disease can be very dangerous for children, especially infants and children ages 5 years or younger
  ~ Children can have different symptoms than adults and are more likely to have TB in other parts of the body, like the brain
  ~ Children with TB disease must be treated **RIGHT AWAY**
  ~ If not treated, TB can attack the brain or any part of the body very quickly and the child could get brain damage or even die

• Children with TB infection can get sick with TB disease very quickly
  ~ Children who are contacts to someone with TB disease should be tested for TB infection **as soon as possible**
  ~ Children with TB infection **must** be treated to prevent TB disease
په باندی ادیه نوی زیربندی او ماشومان TB د ماشومانو لپاره خورا خطرناما TB ناروغی ده، چې خانگی دیول د نوی زیربندی او کچینیو ماشومانو لپاره. باندی د ادیه ماشومانو باید سمدلاسه درملنه وشي که چپري درملنه یی ونشي، نو په TB باندی ادیه ماشومان چپ بری چپکی سره ناروغه او حتی مره بری.
• Pregnant women who have TB disease must be treated
  - Women with TB disease can pass the disease to their babies during pregnancy or after birth
  - The baby can be born very sick with TB
• Pregnant women who have TB infection should be treated if they are at high risk of developing TB disease (refer to panel 2 for information on who is at high risk)
• Women may still breastfeed if they are on TB medications
• TB medications are safe for pregnant and breastfeeding women and their babies
په TB باندی د اخته بنخو امیدواری او/یا ماشومانو ته د مور شیدو تغذیه ورکول

دی بنخو او د دوی TB ماشومانو لپاره د درمل خوندي دی
Go to a doctor, or to the hospital or health center, if you have any of the symptoms of TB and think you may have active TB. This is especially important if you have been around someone sick with active TB. Remember, if you do have active TB, it can be cured with the right treatment!

There are a few different steps needed to find out if you have active TB. These are simple and safe. A doctor or nurse will examine you. They may take your temperature and listen to you breathe.
روغتیایی کارکونکی په دی خنکه پوهیری که چیري زه
په فعال TB باندي اخته یم؟

که چیري تاسو په فعال TB باندي اخته باست، نو دلته د دی موندلو
لپاره یو خو کامونه شتون لري که چیري تاسو د
علایم ولرئ، نو یو داکتر یا یو روغتون یا روغتیایی مركز ته لار شئ. کهدي شي تاسو:

د يو داکتر یا نرس لخوا معاينه شئ
The doctor may decide that you need an X-ray of your chest.

You might also be asked to cough up a sample of sputum into a container.

The sputum will be brought to a lab, and a lab worker will look at it using a microscope to see whether you have TB germs.

Your doctor will use the results of these tests to find out if you have active TB.

Children will have some of the same tests. The doctor or nurse will also check to see if the child’s weight is low for their age.
لپاره نورو کومو ازموینو ته ارتیا لرم؟

د فعال TB

داسو داکتر کولی شي پر بکره وکري چي تاسو ارتیا لرئ:

د سيني ایکسیري ترسره کري يه يوه لونيني كي د توخی بلغم تو کرئ او

يو روغيتيايي كاركونکي ته وواييست چي ستاسو يه بلغمو كي د مکروبونه وگوري TB د

د توبر کلوسز (نري رنخ) يه اره پوهيدو لباره هغه چي تاسو ارتیا لرئ
How is active TB treated?

You will need to take several medicines together. The most common medicines for active TB are isoniazid, rifampin, pyrazinamide, and ethambutol. Taking these medicines is the only way to kill the TB germs and cure active TB.

Each medicine attacks the TB germ differently, so it is important to take them all, as your doctor tells you. Active TB will be cured if you take your medicine every day. Remember, the treatment for active TB is different than the treatment for LTBI.

It can take a long time to kill all the TB germs in your body. A doctor will decide how much medicine you should take each day, based on your weight.

You will need to take these medicines for at least 6 months. For the first 2 months you may have to take many pills. This is sometimes called the intensive phase of treatment. After the first 2 months you will usually have to take fewer pills each day. This is called the continuation phase.

If you have diabetes, or certain types of TB, treatment will take at least 9 months. Your doctor will talk with you about your treatment plan.

*Follow the plan and complete your treatment to be sure that you are cured!*
د فعال درملنې خه دول ترسره کیری؟

تاسو به د مختلف دول درمل دی یوه خوایلو ته ارتبات دی تاسو اړتیا لپاره TB د فعال لپاره درمل لاندی عبارت دی

- ریفامپین (Rifampin) اسنو نایزید (Isoniazid)
- ایتامبوتول (Ethambutol) پیرازینامید (Pyrazinamide)

کبیدی شي چی د درملنی یه پبل کی باید تاسو دی ږیلو وخورئ

کبیدی شي چی وروسته باید تاسو لری گولی وخورئ دا مهمه ده چ درمله هغه دول وخورئ چی ستاسو

دیا مهربانی په اره تاسو ته لارینوونه کری وی

که چپری تاسو هره ورخ درمل وخورئ، نو فعال TB به په شی!
If you have active TB, your treatment will be given by Directly Observed Therapy, or DOT. DOT helps you to stay with your treatment plan.

A health worker will bring your pills every day. You can talk to them about where you want to meet for DOT. The health worker will stay with you while you take your pills and will provide support and encouragement during treatment.

They will ask how you are feeling and ask about side effects from the medicine.

Tell your doctor or health worker if you plan on being away during your treatment. They will help find a way for you to get your medicines.

You will need some tests during treatment to see if you are getting better. Your health worker will remind you when you should get these tests.
د فعال TB د درملي پرمهال خه پیښیږی؟

درمل په مستقیم دول د کتل شوی TB درملنی یا DOT درملنی یا ورکول کیروی که تاسو اړتیا لرئ

کله چی تاسو درمل خوره یو نو یو روغتيايی کارکونکی به له تاسو سره وی

همدارنگه یو روغتیایی کارکونکی هره ورخ له تاسو خخه پوښنته کوي چی خه دول احساس کوئ

که چپیری د خپلی درملنی پرمهال لري پاتي کیپی، نوخلتی روغتیایی کارکونکی ته ووایست
Drinking alcohol when you are taking medicine for active TB can make you sick. It is best to stop drinking alcohol when you are taking TB medicine. If you do not stop drinking, try to cut back to less than one drink a day.

Stop or cut back on smoking. This will help your body work with the medicine to kill the TB germs faster.
دا فعال لپاره د درمل خوارلو پرمهال

هغه وکریئ چې چی د شرابو او سکرتو خښل بند یا یی خورا یم کیږی?

د درمل خوارلر پرمهال TB

د شرابو خښل تاسو ناروغه

کولی شی

که چېری تاسو

سکرتو خښلی،

نو د درملنه

ستونزمایي

د توبر کلوسز (نری رنځ) په اره بروهیو لپاره هغه چې تاسو ارتیا لري
Like all medicines, TB medicines can have side effects. Most people can continue taking their medicine without problems. Many minor side effects can be treated. It is important to complete treatment for active TB so you can be cured. A doctor or nurse will decide what to do about any side effects.

Tell your health worker if you have these minor side effects:

- Aching joints
- An upset stomach
- Less appetite or no appetite for food
- Dark urine
- Minor rash
- Numbness or tingling in your fingers or toes

Some common side effects are expected, but are not usually serious:

- Your urine, sweat, or tears may turn red or orange. This is normal and will go away after you finish your treatment.
- Birth control pills or contraceptive medicine will not work as well when you are taking medicine for TB. Talk to your doctor or nurse about other ways to prevent pregnancy.
کبیدی شی چی تاسو د فعال لپاره د درملو خخه تب نومدلی او لپاره تاسو که تړیژه اغیزه وکړئ

کوهچی ارخیزه اغیزي ولرئ

که چپری تاسو له لاندی نکر شوی ارخیزه اغیزه خخه کوم ولرئ، نو په اره بی خپل روغتیایی کارکونکی ته ووایاست:
• د بندونو درد
• د معدی خرابووائی
• د خوارو لپاره د اشتها کمولاوی یا نشتوالی
• د ششو بولو توروالی
• کوهچی داخل
• د لاسونو یا پنډو د ګوتو بی حسی په خاریست کول

د خیسیو عامو ارخیزه اغیزو رامنخته کپلولو ته کيري
• کبیدی شی چی ستاسو ته یې په خولو یا اوینکي سرې یا نارنجي رنګه شی
• درمل کولی شی چی د زیرنده د کنترول یا دی ته ورته نورو درملو چه کار باندي اغیز وکري

د توبیر کلوسز (نری رنگ) په اره پوهیدو لپاره هغه خخه چی تاسو ارته لرئ
Some side effects are more serious. Tell your health worker right away if you have any of these symptoms, which are a sign of major side effects.

- A fever or chills
- A bad rash or itching, especially if it is also hard to breathe
- Nausea or stomach cramps with vomiting
- Yellow skin or eyes
- Light colored stools
- Fainting
- Dizziness
- Bruising
- A small cut or scratch causes you to bleed or your gums are bleeding
- Changes in your eyesight, such as blurred vision
- Changes in your hearing, such as ringing in your ears

TB medicines can affect your liver. If you have certain side effects, your doctor may decide that you need more tests to check your liver.

A doctor or nurse will decide what to do if you have these side effects.
که چپری تاسو د لنډی ذکر شوی ارخیزه اغیزو خخه د کوم ولری،
نو په اره یی سمدلاسه خیل روغتیایی کارکوونکی ته وواييست:

- داسي دکی بولي چي روبانه رنگ ولري
- د پوستکي شین کبدل
- د پوستکي دلر غوخيدو يا گربندلو له امله وينه بهيدل یا ادا چي ستاسو اوری ويني کبري
- ستاسو د سترگو چي ديد گي بدلونونه
- ستاسو په اوربندلو کي بدلونونه

که چپری تاسو دا ارخیزه اغیزي ولری،
نو داكترا يا نرس به پرپکره کوي چي
بايد خه وکري

د توبیر کلوسز (نری رنځ) په اره پوهيدو لباره هغه خخه چي تاسو ارتيا لرئ
Take all your medicine every day, the way your doctor tells you. If you do not take all your medicine every day, you might not get better, or you could get sick again.

It takes a long time to kill all the TB germs in your body. If you don’t finish your treatment, or if you miss some doses or pills the TB germs can become stronger and harder to kill. You may become sicker or it may take you longer to get well. When you are sick, you can pass TB germs on to others, who may get sick. You may also have to take more medicines that have more side effects.

Do not stop taking your pills early, even if you feel better. Take all your medicine until your doctor says that your treatment is complete.

If you take your medicine every day, your active TB will be cured!
د فعال لپاره د تولو درملو خوارل ولي مهمه دي؟ TB

که چپري تاسو هره ورځ خپل تول درمل نه خورئ، کپدي شي، چي تاسو به نشي یا بيا ناروغه کريدي شي

په خپل وقت د تولو خوارل مه پريرديرئ، حتی که چپري تاسو به احساس کوي

که چپري تاسو خپل درمل هره ورځ وخورئ، نو TB به موي به شي!
• Nutrients help your body fight off infection, and your body needs healthy nutrients now more than ever so try to eat healthy foods.

• Eat a variety of healthy food including meat, fish, eggs, milk, cheese, fruits, vegetables and breads and cereals.
<table>
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<th>میوه</th>
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| میوه‌های توت فرنگی، کیوی، انار، لیمو، 
| تره‌بر و گوجه‌فرنگی | ماهی، پرور، گیاهان تولیدکننده پروتئین | مлечک، مارک، تخم مرغ، 
|                      |                      | تخم‌های گاو و گوسفند | برنج، پنیر، کلربها |
Taking TB medicine kills the TB germs. At the start of your treatment, you may still be able to pass TB germs to others. Your doctor will tell you when you can no longer spread TB germs. You will be asked to provide sputum samples, so lab workers can look for TB germs. This is usually after you have been taking medicine for a few weeks.

To protect the health of those around you, your doctor may tell you to wear a mask for the first few weeks of your treatment. This will help stop TB germs from getting into the air, where others can breathe them in. Until the doctor tells you that you can no longer spread TB, health workers and others around you may wear a special mask, called a respirator, so that they don’t breathe in TB germs.

If you are not wearing a mask, cover your mouth and nose with a tissue or your clothing when you cough or sneeze.

Until your doctor says you can no longer spread TB germs, try not to spend time in closed spaces with others. Spend time outside, or keep the doors and windows open. This will keep the air moving and make it harder for TB germs in the air to stay alive. Sunlight and fresh air will help to kill the TB germs.

Take your medicine until your doctor says you are cured. Taking your medicine every day cures your TB and protects others around you.
نوره خلکو ته د TB د خپرولو خخه مخنیوی وکرئ

که چبری تاسو په فعال TB باندی اختنه یاست، نو ستواسو داکتر به تاسو ته وايي چی خه وخت نورو خلکو ته د TB مکروبونه نشئ خپرولئ:

• دخپل ترملو په خوارلو سره د TB مکروبونه له منخه یووئ
• که چبری ستاسو داکتر تاسو ته ووايي، نو ماسک غوندونئوا
• د توخی یا پرنجی پرمهال خپل خوله او پوزه په یو کاغذ یا تونکر باندی پته کرئ
• بهر وخت تبر کرئ
• که چبری په کور کي یاست، نو کرکي یا دروازی خلصی وساتئ

د لمر ورانکي او تازه هوا د TB مکروبونو په وزلو کي مرسته کوي
TB can be prevented, treated, and cured. Do your part to protect your family, friends, and community from TB! Treating everyone in the family who has LTBI or active TB is the best way to stop TB from spreading in a family.

Know the signs and symptoms of active TB in adults and children, which we talked about earlier. [Health Worker Note: Can go back to Panels 7 or 8 to review symptoms in adults and children.]

If you or someone in your family has any signs of active TB, go to a doctor, hospital, or health center to be tested. Tell the doctor if you have been around someone who has active TB or who has been coughing a lot.

Remember, children can get very sick with TB very quickly. Bring children to the doctor right away if they have signs of active TB, especially if they have been around someone with active TB.

If you or your children have been around someone who had active TB, or was coughing for a long time, ask a doctor to test you for latent TB infection.

If you have latent TB infection, also called sleeping TB, you need to take medicine so you don’t get sick with active TB.

Active TB can be cured! If you have active TB, take all your medicine every day until your doctor says you are cured. Follow your health worker’s directions to protect others from breathing in TB germs.

Taking these steps can help keep your community safe and healthy!
خپله تولنه له TB خه خوندي وساتئ!

• په خویانو او ماشومانو کي د فعال په نينو TB په نمبر

• باندي حاکم پوه کرئ

• که تاسو یا ستاسو په کورنی کي خوک د فعال نېښوي ولري، نو داکتر ته لار شي! TB

• که چپري تاسو له داسې کوم چا سره نردي پاتي کېږئ چي په فعل TB باندي اخته وي، نو ازموینه وکرئ!

• که چپري تاسو د ناکړکنده TB په انتان باندي اخته یاست چي د ویده TB په نامه هم یادپوری، نو د TB درملنه وکرئ ترخو په فعل LTBI باندي اخته نشي

• که چپري تاسو په فعل TB باندي اخته یاست، ترهله چي تاسو بندې نشي، خپله تول درمل

و خورئ!

د مخنيوی، درملنه او تداوي کیدی شي! TB
What You Need to Know about Tuberculosis
Translated in Pashto

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