



Fact sheet on TB HIV for Community Leaders

This program is implemented by Arkangelo Ali Association (AAA) through the support of UNDP Southern Sudan Office in collaboration with the National Tuberculosis, Leprosy and Buruli Ulcer Control Program (NTLBCP) of the Ministry of Health of the Government of Southern Sudan (MOH/GOSS); with the aim of reducing the incidence of TB cases in Southern Sudan.

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What community leaders need to know about tuberculosis

Basic facts

- Tuberculosis (TB) is a disease caused by germs called bacteria.
- Although TB can affect many parts of the body, infection of the lungs is the most common concern.
- Healthy people can be infected with the bacteria that cause TB without getting sick. These people are said to have TB infection but are not infectious. People who get sick are said to have TB disease, which is infectious.
- There has been dramatic increase from 45,221 TB cases in 1990 to 93,808 in 2007.
- In Southern Sudan, an estimated 18,500 people develop TB, and 5,300 die of TB annually.
- In 2007, the National TB Control and Leprosy Control Program, Government of Southern Sudan (NTBLCP/GoSS) reported a total of 4,738 TB cases
- 15-20% of all TB patients in Southern Sudan are estimated to have HIV
- Your support and contribution is necessary for reaching the community to help in TB control

How TB disease is transmitted

- TB is transmitted through air droplets when a person with active disease coughs, spits, sings, talks, or laughs.
- This transmission can occur anywhere but it can spread easily in crowded places such as police cells, prisons, dormitories, cattle camps, classrooms e.t.c.
- The longer the contact with a person with active TB, the greater the risk of transmission.
- People with a weak immune system (such as people with AIDS), children, and old people are at increased risk for TB disease.
- NB: TB is NOT spread through sharing of food or water, sexual contact, mosquito bites, shaking hands, witchcraft, or transmission from mother to unborn child.



Common signs and symptoms of TB disease

- Coughing that lasts two weeks or more
- Coughing up blood-stained sputum
- Chest pain
- Difficulty breathing
- Sweating at night, even during cold weather
- Weight loss or loss of appetite
- Tiredness

Diagnosis and treatment of TB disease

- Anyone who has symptoms of TB, such as a



cough that lasts more than two weeks, should go to the nearest government or mission hospital for screening.

- TB can be diagnosed through sputum examination in a laboratory.
- Diagnosis and treatment are free in public and faith-based health facilities.
- TB treatment usually takes six or eight months.
- Someone being treated for TB should not miss taking drugs even for one day.

Drug-resistant types

- Not taking medicine for TB as directed by a health worker can promote development of disease that is resistant to multiple treatments. This is called multi-drug resistant TB.
- In Southern Sudan, multidrug-resistant (MDR) TB occurs around 1.9 percent of new cases and
- usually occurs among defaulters and relapse cases.
- Treatment of multi-drug resistant TB takes a long time and is very expensive. Treatment can cost more than \$ 20,000 (about 50,000 SP) per person.
- An especially difficult-to-treat form of the disease called extremely drug-resistant TB has appeared in other countries and may emerge in Southern Sudan too if communities do not work aggressively to control TB.

TB and HIV/AIDS

- People with HIV/AIDS can easily get sick with TB.
- People with TB should be tested for HIV infection because about 20% of TB patients in Southern Sudan are also infected with HIV.
- TB is curable even among people living with HIV/AIDS.
- About one-third of deaths among people with AIDS are due to TB disease.

Prevention of TB disease

- TB can be prevented in the community by identifying people with suspected TB disease and referring them for diagnosis and treatment before they infect others.
- People should avoid close, prolonged contact with others who have active TB. When people need to be in contact with TB patients, there should be free flow of air.
- Good cough hygiene by covering the mouth when coughing is very important in preventing TB spread.
- Drug-resistant forms of TB can be prevented by taking medicines as directed by health workers.



The important role of community leaders in prevention and control of TB disease

- Community leaders can educate the community about TB/HIV while at meetings, administrator or chief's meetings, prayer houses, and other gatherings.
- They can advocate for support of TB programs at the National level, State level, county level, payam level, peripheral health facilities, and in the community and Boma levels.
- They can support identification and referral of people with suspected TB.



Arkangelo Ali Association (AAA) is an indigenous Sudanese NGO, 3 years old, with a mission of uplifting dignity of disadvantaged people. This NGO, implements TB/HIV collaborative activities in the several health facilities and counties in Northern Bahr El Ghazal, Lake and Warrap States with support of UNDP Southern Sudan Office and Global Fund for AIDS Tuberculosis and Malaria (GFATM).

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