TB treatment
• TB is curable
• Always take your TB medication or tablets strictly according to your doctor/nurse instructions
• Even if you feel better you have to finish your TB treatment to prevent getting resistant TB which is more complicated to treat

How can workers protect themselves from getting TB
• Get tested for TB every year
• Know your HIV status
• Always wear a respirator if you are in a ward housing a TB suspect or confirmed TB

TB Prophylaxis
• If you have other medical conditions (HIV, Cancer, Diabetes, Silicosis) ask the OHS nurse or coordinator about TB prophylaxis and where can you receive it

Stigma and discrimination
• Do not stigmatize or discriminate against people who are infected with TB or HIV
• Stigmatizing people prevents them from seeking healthcare service and this increase their risk of infecting others

Stop stigma in the workplace

Engage with us...
(+27) 11 712 6400
info@nioh.nhls.ac.za

You can also visit the NIOH website: www.nioh.ac.za
How can the employer prevent you from getting TB in the workplace

A. The employer in collaboration with the workers must develop HIV and TB in the workplace policy

The policy must include the following:
• Occupational Health Risk Assessment specifically for TB
• Make provision for risk based medical surveillance for TB
• Health promotion activities (e.g. TB awareness campaigns, TB training)
• Where possible the employer must provide TB screening and HIV Counselling and Testing services

B. The employer must implement the internationally recognized TB Infection Prevention and Control (IPC) measures in the workplace:

1. Administrative measures
   • The employer must ensure that there are TB champions/officers who are trained on TB and TB IPC
   • Provide information education and communication material for workers
   • Workers must be trained on TB and TB IPC measures

2. Environmental measures
   • The employer must ensure that there are adequate doors and windows to allow adequate air circulation
   • Heating, Ventilation and Air Conditioning System must be in place
   • UVGI lights can be installed after seeking expert advise

3. Personal Protective measures
   • Employer must provide workers with suitable respiratory protective equipment (e.g. N95 respirators or FFP2)
   • The employer must ensure that workers who are exposed or may be exposed to TB micro organisms are fit tested to ensure correct fit of the respirator