



TUBERCULOSIS

Tuberculosis

- TB infection is caused by *Mycobacterium Tuberculosis*
- TB is spread from person to person through the air
- Studies show that hospital workers are 2-3 times more likely to contract TB as compared to the general population

TB disease signs and symptoms

Be aware of the following TB disease signs and symptoms:

- Persistent cough for more than two weeks
- Unexplained weight loss
- Night sweats
- Poor appetite

What should you do if you experience one or more TB symptoms:

- Consult your occupational health and safety (OHS) clinic as soon as possible
- The OHS nurse or doctor will assist you with diagnosis, treatment, care and support and compensation

Return to work

- If you have been on effective TB treatment for at least 2 weeks, your doctor can advise that you return to work



PREVENTION IS BETTER THAN CURE

TB treatment

- TB is curable
- Always take your TB medication or tablets strictly according to your doctor/nurse in 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 increases their risk of infecting others



Engage with us...

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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

YOU CAN STOP TB IN YOUR WORKPLACE



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