**TB AND COVID-19**

**WHAT IS THE LINK BETWEEN TB AND COVID-19?**
- People with TB may have weak immune system and may be at risk of getting infected with COVID-19.
- If you have TB disease you are also at risk of suffering more severe symptoms from COVID-19. The risk is even higher if you are HIV positive or diabetic.

**CAN I GET COVID-19 Whilst ON TB TREATMENT?**
- Yes, you can get infected with the COVID-19 whilst on TB treatment.
- You must always practice good hygiene measures to protect yourself.
- You may develop new symptoms, or your symptoms may get worse. If this happens report this to your health care provider.

**WHAT IS A CORONA VIRUS OR COVID-19?**
- Coronaviruses are a large family of viruses which may cause illness in animals or humans.
- In humans, several coronaviruses are known to cause respiratory infections (lungs, nose, sinus) ranging from the common cold to more severe diseases like COVID-19.

**WHAT ARE THE BENEFITS OF COMPLETING TB TREATMENT?**
- Taking TB medicines and completing treatment will cure the TB disease. The body’s ability to fight infections like COVID-19 will improve. This will reduce the risk of getting infected.

**WHAT ARE THE BENEFITS OF ARVS WITH COVID-19?**
- Taking 1 pill a day (ARVs) without defaulting will reduce the virus by preventing HIV from multiplying.
- The more HIV in the body, the more it weakens the body’s immunity.
- When the HIV is reduced, the body gets a chance to make more cells that help to improve your body’s ability to fight infections like COVID-19.

**PICKING UP MY ARVS**
- If you meet specific requirements, you won’t always need to get your ARVs at the clinic.
- You can pick them up in the community at a place that is more convenient for you!
- Ask your clinic about this great benefit that also helps to limit your contact with someone who may be infected with COVID-19.
- Please call the AIDS Helpline if you need assistance.

**80% RECOVER WITHOUT NEEDING SPECIAL TREATMENT**
HOW IS COVID-19 SPREAD?

- People can catch COVID-19 from others who have the virus
- When a sick person coughs, sneezes or exhales, they exhale small droplets. The virus spreads when these droplets get into your mouth, nose or eyes.
- Droplets also land on objects and surfaces and someone else can catch COVID-19 by touching those same objects or surfaces then touching their own eyes, nose or mouth.
- The sick person’s saliva does not share eating utensils.

WILL EVERYONE WHO GETS THE VIRUS DEVELOP SERIOUS ILLNESS?

- No
- The virus can be caught by anyone but people with weakened immune system, the elderly and children have a greater chance of the virus causing more serious respiratory illness.
- Some become infected but do not develop any symptoms and do not feel unwell.
- Most people (about 80 per cent) recover from the disease without needing special treatment.
- Around one out of every six people who gets COVID-19 becomes seriously ill and develops difficulty in breathing.

WHO IS MOST AT RISK OF COVID-19?

- Older persons/adults
- People with underlying health conditions (diabetes, hypertension, TB, HIV/AIDS) or compromised immune system
- The risk also depends on where you are, whether there is COVID-19 outbreak unfolding.

WHAT SHOULD I DO WHEN I SUSPECT I MAY BE INFECTED?

- You must self-isolate. This means staying at home when you feel unwell and keep distance form others at home. You can also self-isolate by avoiding contact with others in the community.
- If you feel you may have been exposed to the virus and you may be infected, it is advisable to stay at home and self-isolate (avoid contact with others at home) for 14 days.
- When you have fever, runny nose, cough and difficulty in breathing, seek medical attention promptly.
- When you cough or sneeze, cover your mouth and nose with your bent elbow or tissue and throw the tissues in the bin or toilet.
- Use of masks when you have symptoms of COVID-19.

HOW TO SEEK MEDICAL ATTENTION FOR COVID-19

- Call the clinic or your doctor ahead of your visit and inform them of your symptoms, travel history or possible contact with a COVID-19 positive person.
- When going to the clinic, cover your mouth and nose with a scarf, towel or mask and inform a healthcare worker immediately on arrival about your symptom.
- If you have tested positive or your status is unsure, you may be asked to go to a facility where you will not be allowed physical contact with any uninfected person for at least 14 days.

SYMPTOMS OF COVID-19

- Most people who become infected will experience mild illness and recover, but it can be more severe for others.
- The most common symptoms are:
  - Fever
  - Dry cough
  - Tiredness, and
  - Shortness of breath.
- Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

WHAT IS THE INCUBATION PERIOD FOR COVID-19?

- This is the time between catching the virus and beginning to have symptoms of the disease.
- This ranges from 2-14 days, most people will start having symptoms around day 5.

HOW TO AVOID BEING INFECTED?

- There are currently no vaccines available, however, you can prevent infection by:
  - Washing your hands often for 20 seconds with soap and water; Wash the front, the back, between your fingers and under your nails. Always wash your hands before eating.
  - Use an alcohol-based hand sanitizer with at least 60% alcohol if no soap and water is available.
  - Avoiding touching your eyes, nose or mouth.
  - Avoiding close contact with people who are sick by keeping at least 1-meter distance between you.
  - Avoid sharing food and utensils as the bacteria can be transmitted onto knives, forks, spoons and straws.
  - If you think a surface of an object may be infected, clean it with simple disinfectant to kill the virus. The virus survives on surfaces for a few hours or perhaps up to several days.
  - Use a mask when caring for individuals who have symptoms of COVID-19.

80% RECOVER without needing special treatment.

YES OR NO ABOUT COVID-19

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can spraying alcohol all over my body kill the virus?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Are antibiotics effective in preventing and treating the virus?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Can taking a hot bath prevent me from getting the virus?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Does cold weather kill the virus?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Can eating garlic prevent me from getting the virus?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Are hand dryers effective in killing the virus?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Can the virus be transmitted in hot and humid weather?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Can COVID-19 be spread by mosquitoes?</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Can a flu-vaccine protect me against COVID-19?</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>