Persons with TB should eat nutritious food to gain weight, build immunity, and reduce side effects of medication.

**What can I eat?**

**For energy to work**
- Rice
- Jowar rotti
- Ragi
- Chappati

**To build muscles and gain weight**
- Dals or legumes
- Eggs, fish, meat
- Milk, curds

**For faster recovery**
- Fruits
- Vegetables

**I don’t feel like eating.. You must try!**

Eat small, frequent meals, 4-5 times a day to keep your energy levels high and prevent abdominal discomfort.

The Government has initiated the Direct Benefit Transfer (DBT), which involves a cash transfer of Rs 500 every month towards nutritional support for TB patients who are under treatment.

Contact your District TB Officer (DTO) or call the Nikshay Sampark Helpline for TB at 1800-11-6666 for more information.
Alcohol consumption, smoking and chewing tobacco damages the immune system!

Stop tobacco and alcohol consumption during your TB treatment!

Alcohol consumption can lead to irregular medicine intake, reducing chances of cure and increases chances of developing drug resistant TB (DR TB).

Alcohol reduces the effectiveness of the TB medication and worsens the side-effects of TB medicines on the liver.

Smoking and TB both damage the lungs.

Smoking worsens the symptoms of TB like cough and breathlessness.

Contact your District TB Officer (DTO) or call the Nikshay Sampark Helpline for TB at 1800-11-6666 for more information.
People Living with HIV should undergo screening for TB!

What is the link between HIV and TB?

HIV weakens people’s immune systems, increasing the risk of TB

Active TB accelerates the progress of HIV infection in the body

Am I really at risk if I have HIV?

People living with HIV have six times higher risk of developing TB

Can I be treated for TB and HIV?

TB drugs can treat TB infection and TB disease, even in people with HIV infection

Persons with HIV and TB need to be given treatment for both diseases for good recovery

If you have TB, get an HIV test

Contact your District TB Officer (DTO) or call the Nikshay Sampark Helpline for TB at 1800-11-6666 for more information
Diabetics can recover from TB if they maintain good sugar control!

A weak immune system owing to diabetes makes a person prone to TB infection.

People with diabetes who are diagnosed with TB have a higher risk of TB relapse even after treatment completion.

- Maintain a healthy diet and lifestyle to control your sugar
- Take your medications on time
- Follow up with your doctor regularly

Remember, TB is curable!

Contact your District TB Officer (DTO) or call the Nikshay Sampark Helpline for TB at 1800-11-6666 for more information.
Both TB and COVID can be cured, but early diagnosis is very important!

How are TB and COVID-19 similar?

Both TB and COVID-19 are diseases commonly affect the lungs and spread through coughing and sneezing. Both TB and COVID have similar symptoms such as cough, fever and breathing difficulty.

Tobacco consumers and people with diabetes, undernutrition and HIV are more vulnerable to severe symptoms and complications from TB and COVID-19.

If you have recently recovered from COVID, but have cough, fever and/or breathing difficulty, go to the nearest Primary Health Centre (PHC) and get a TB test.

If you are on TB treatment and diagnosed with COVID-19, do NOT stop your TB treatment without consulting your doctor!

Contact your District TB Officer (DTO) or call the Nikshay Sampark Helpline for TB at 1800-11-6666 for more information.