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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



- ★ There are no food restrictions for persons affected with only TB

**Balanced
nutrition is
essential for
faster recovery!**



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



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Alcohol consumption, smoking and chewing tobacco damages the immune system!

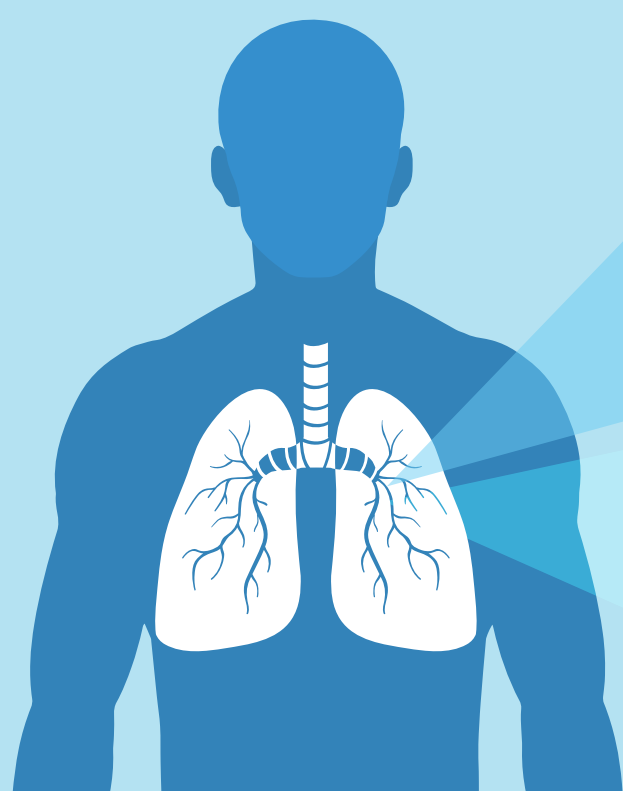
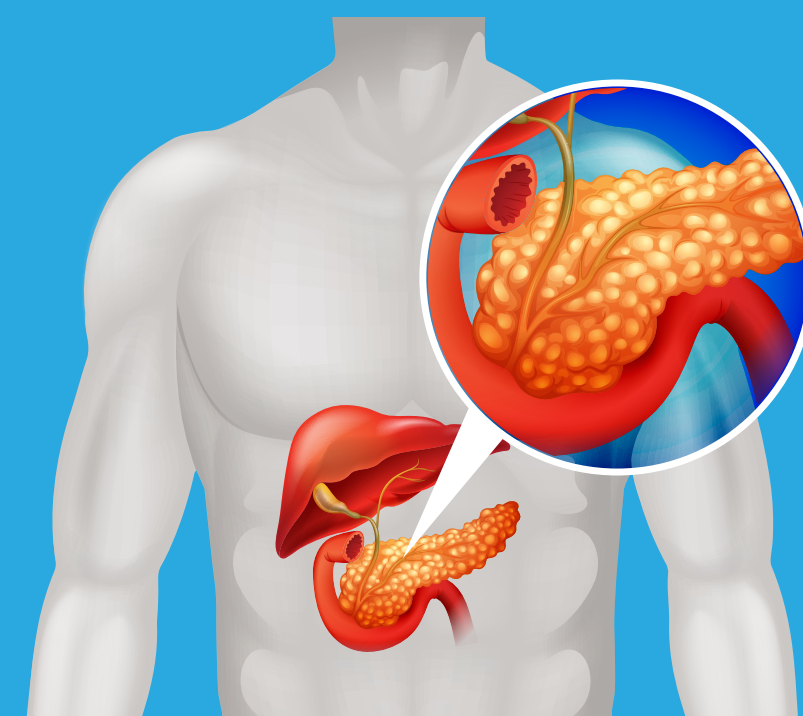


Stop tobacco and alcohol consumption during your TB treatment!



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

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**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

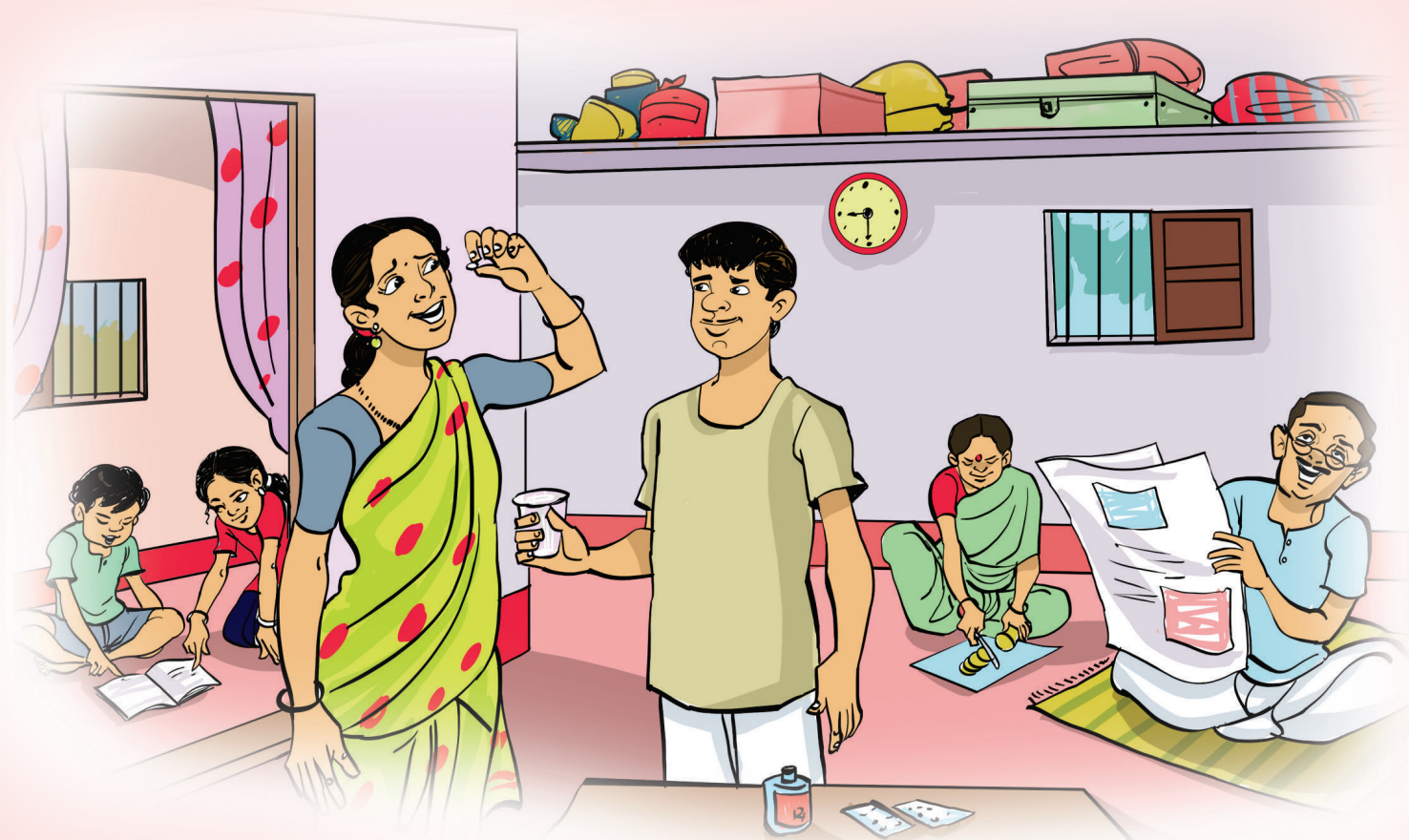
Active TB accelerates the progress of HIV infection in the body

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

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Diabetics can recover from TB if they maintain good sugar control!



People with
diabetes have a
2-3 times
higher risk of
developing TB



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!

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Helpline for TB at 1800-11-6666 for more information

How are TB and COVID-19 similar?

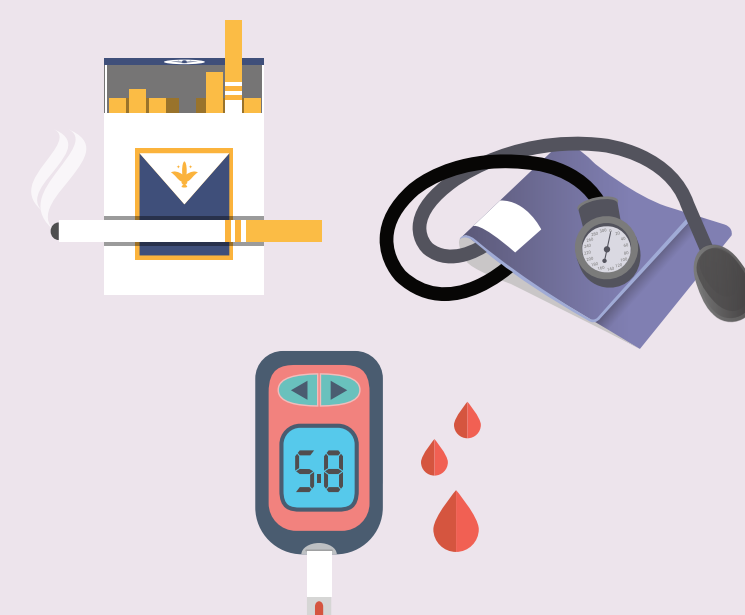
Both TB and COVID can be cured, but early diagnosis is very important!



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!**

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