

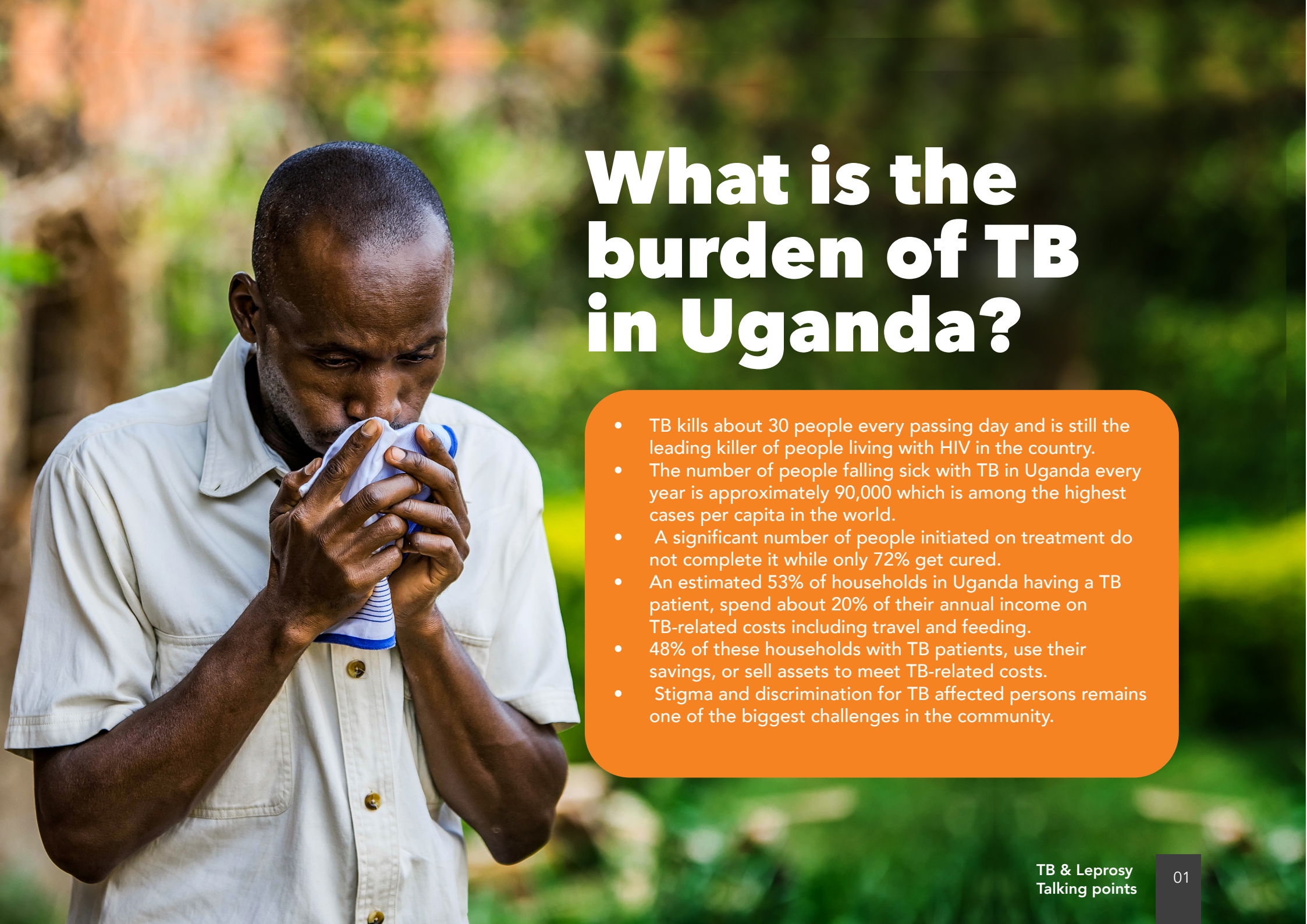


TALKING POINTS FOR TB & LEPROSY



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What is the burden of TB in Uganda?

- TB kills about 30 people every passing day and is still the leading killer of people living with HIV in the country.
- The number of people falling sick with TB in Uganda every year is approximately 90,000 which is among the highest cases per capita in the world.
- A significant number of people initiated on treatment do not complete it while only 72% get cured.
- An estimated 53% of households in Uganda having a TB patient, spend about 20% of their annual income on TB-related costs including travel and feeding.
- 48% of these households with TB patients, use their savings, or sell assets to meet TB-related costs.
- Stigma and discrimination for TB affected persons remains one of the biggest challenges in the community.

What is TB?

- Tuberculosis (TB) is an infectious disease transmitted through air from a person with TB of the lungs through coughing, laughing, singing, talking, spitting and sneezing.
- It mostly affects the lungs but can also affect any part of the body.



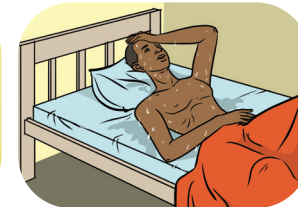
How is TB Spread?

- People with TB of the lungs are likely to spread it to those they spend a lot of time with, like family members, friends, classmates, or co-workers
- TB is spread through the air from one person to another and commonly through the following ways:
 - Coughing or sneezing without covering the mouth.
 - Crowded places with poor ventilation.
 - Spitting everywhere.
 - Kissing someone when you have TB.

What are the signs and symptoms of TB?

Seek medical care at your nearest facility if you experience any of the following signs and symptoms of TB:

- Cough for 2 or more weeks
- On and off cough
- Fever
- Night sweats
- Lack of appetite
- Difficulty in breathing
- Loss of weight
- General body weakness
- History of TB contact.



Note: Some of these symptoms are like those of COVID-19, HIV/AIDS. Therefore, visit a health facility to confirm whether you have TB, COVID-19 or any other condition.



Prevention and control of TB

- Immunize your child at birth.
- Cover your mouth with a handkerchief when coughing.
- Open windows at home for proper lighting and airtion.
- Encourage family members to test for TB if they have a cough lasting 2 or more weeks.
- Avoid crowded and poorly ventilated houses / places.

Treatment for TB

- TB is preventable and curable if detected early and you adhere to treatment as prescribed by your health worker
- The duration of treatment for uncomplicated TB is 6 months with a daily dose
- TB can become resistant to treatment if you don't test early or take the medicine correctly as prescribed by the health worker or get exposed to someone with resistant TB.
- Even if you feel better after a few days of TB treatment, you must take the drugs for the full time if you want the disease to be cured
- The good news is that drug resistant TB is curable.
- TB medicines are available for free at Government and accredited Private health facilities - countrywide.



LEPROSY

Background

- Leprosy is considered a disease of the past.
- Continues to affect millions of people all over the world and hundreds of thousands of new diagnoses every year. Approximately 1200 leprosy cases have been treated in the last 5 years. There has been a gradual increase of the number of cases registered in Uganda annually over the past five years. In Uganda in the financial year 2021/2022, 477 cases were diagnosed (DHIS2). Leprosy affects all ages and sexes. Leprosy is curable and if detected early the disease transmission is interrupted and there will be no disability.



Which areas are most affected by Leprosy in Uganda?

Leprosy is found in almost in all regions in Uganda but the following regions have most of the reported cases West Nile, Busoga, Tooro, Acholi, and Lango regions.

What is leprosy?

An infectious disease caused by *Mycobacterium Leprae* (relative of TB). Leprosy is not a curse.

How is leprosy transmitted?

Leprosy can be transmitted through:
Inhalation of bacteria from a leprosy patient not yet on treatment who is sneezing or coughing.

What are the signs and symptoms of Leprosy?

Leprosy should be suspected in people with any of the following symptoms and signs:

- (i) Pale or reddish patches on the skin (the most common sign of leprosy)
- (ii) Loss or decrease of feeling in the skin patch
- (iii) Numbness or tingling of the hands or feet
- (iv) Weakness of the hands, feet or eyelids
- (v) Painful or tender nerves
- (vi) Swellings or lumps in the face or earlobes
- (vii) Painless wounds or burns on the hands or feet
- (viii) Deformities which can be in the eyes, hands, feet and nose.
- (ix) Nasal congestion
- (x) Nose bleeds
- (xi) Enlarged peripheral nerves.

The common sign is skin patches that look paler than the surrounding normal skin. Other symptoms could be fever, general body weakness.

If not treated leprosy attacks the nerve that supply feelings in the hands, feet, eyes, and face. This means if people injure themselves, they do not feel pain, so they don't notice the injury.

How is Leprosy treated?

Multidrug therapy is the recommended treatment, which is a combination of antibiotics mainly clofazimine, Rifampicin, and Dapsone. In case of Leprosy complications like reactions, medicines like Prednisolone can be used.

How can Leprosy be prevented?

- Early detection and treatment.
- Vaccination- BCG Vaccine.
- Other drugs given to people in contact with Leprosy cases e.g Rifampicin as a single dose.

NOTE: Any skin condition could be Leprosy.
Check your skin and go to the nearest health facility for checkup

**TB and Leprosy drugs are free
at a health center near you.**

Call 0800-211-046 & 0800-100-066,
text 8080 Toll-free or visit a health centre
near you for more information.