

Correct information is the solution to cure TB



To prevent TB from spreading, the patient must always cover the mouth with handkerchief before coughing or sneezing



Don't spit here & there



In case symptoms are visible, get the test done in consultation with a doctor



During TB treatment take healthy food for acquiring strength to fight the disease



Healthy food in case of TB: pulses, grain, milk and milk products, oil and ghee, chapati, rice, peanuts and fruits like guava & banana, etc.

Nikshay nutrition scheme

Under Nikshay nutrition scheme, **government of India** provides financial incentive of **₹500** per month to TB patients for healthy meals. This support continues till completion of treatment.

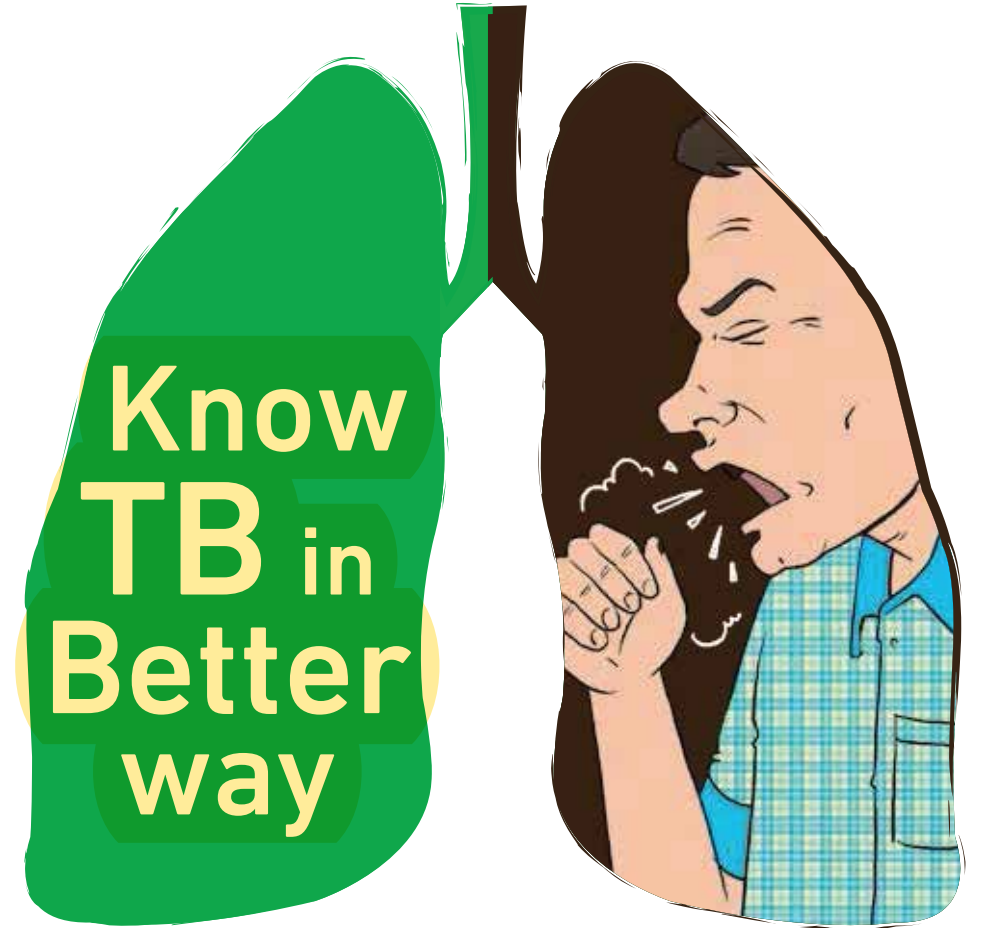
To avail the benefit of this scheme, it is mandatory for the patient to be a member of the Nikshay scheme of **government of India**. To become a member of **Nikshay**, please provide complete information mentioned below to your doctor/JEET team.

To avail the benefit of this scheme, please provide the information mentioned below:

- Patient's name and phone number
- Patient's bank account number
- Name of bank, address of bank
- IFSC code of the bank

Please mandatorily show your bank passbook for **verification**

Photocopy of bank passbook and aadhaar card (or any other ID proof)



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What is TB disease?

TB is a contagious disease that is spread by bacteria and can affect any person. TB germs are mixed in air due to coughing or sneezing by the patient and can infect others. Don't panic, TB can be prevented and defeated as well. In case of TB-related symptoms, consult a doctor immediately.



Major symptoms of TB



Cough for more than 2 weeks



Bleeding from mouth during coughing



Fever



Weight loss



Cough with phlegm



Appetite reduction

Do not delay undergoing TB test



Contact doctor for carrying out TB test. TB can be detected through phlegm test. Remember, for correct test, give phlegm by coughing properly, and not sputum.

TB treatment



TB can be treated. Medication continues for 6 to 8 months or beyond this period.



Take the medicine for the entire recommended period. Stop the medicine only as per the doctor's advice.



Stopping the treatment mid-way or taking the medicine irregularly can led to TB being incurable or fatal.

Take care during treatment



During TB treatment, avoid consuming narcotic substances like tobacco, beedi, cigarette, hukkah or liquor



While consuming TB medicines, there may be side effects like nausea, vomiting, urine-saliva-tears being orange or red in color, stomach ache. Don't panic. If problem aggravates, consult the doctor but do not stop medication on your own.