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.
• Poor immunity can be caused by chronic conditions like respiratory diseases, Hypertension, Diabetes and Cancer among others.
• If you have any of these conditions, get tested for HIV today and start treatment immediately.

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.
• Some countries allow you to pick up your ARVs in the community, at a place 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.

TB PREVENTIVE THERAPY
WHAT IS TPT?
• Medication is given to people with TB infection (sleeping TB) to prevent them from getting sick.
• We must limit the risk of spreading TB disease to others; taking a full course of TPT will reduce that risk, especially if you are in close contact with someone infected with TB.

CAN I CONTINUE TAKING TPT IF I GET COVID?
• Yes.

WHAT HAPPENS IF I STOP TAKING TPT IF I GET SICK WITH COVID-19?
• It will not have a serious consequence if you continue retaking it within 4 weeks of stopping; stopping it for any longer will reduce the effectiveness of the medication and you will have to restart the course from the beginning.
• It is important to resume TPT immediately so as to maintain the effectiveness of the course. If more than 4 weeks have passed, the TPT course may have to be restarted.

COVID-19
KNOWLEDGE IS POWER

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.
• Coronavirus causes coronavirus disease or COVID-19.

80% RECOVER without needing special treatment

For updated information on IMPAACT4TB and to download a copy of this document and other materials related to TB preventive therapy, please visit: www.impaact4tb.org/library.
HOW IS COVID-19 SPREAD?
- People can catch COVID-19 from others who have the virus
- When a sick person coughs, sneezes, talks or exhales they excrete small droplets. The virus spreads when these droplets gets 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

WILL EVERYONE WHO GETS THE VIRUS DEVELOP SERIOUS ILLNESS?
- No
- The virus can be caught by anyone but people with a 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%) 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

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

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 symptoms
- 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

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 from others while staying at home. This includes 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 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 a mask when you have symptoms of COVID-19

WHO IS MOST AT RISK OF COVID-19?
- Older persons
- People with underlying health conditions (diabetes, hypertension, TB, HIV/AIDS) or compromised immune system
- The risk also depends on where you live, whether there is COVID-19 outbreak unfolding

HOW TO AVOID BEING INFECTED?
- Washing your hands often for 20 seconds with soap and water; wash the front, back, between your fingers and under your nails. Always wash your hands before eating
- Use an alcohol-based hand sanitiser 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

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

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