



### Life saving prevention for PLHIV:

- **1HP:** prevents TB Infection
- **CPT:** prevents, pneumonia, malaria, diarrhoea
- **Bed Nets:** prevent malaria and other mosquito-borne diseases

### Other medicines with 1HP:

- always continue ART and CPT as prescribed
- any other medicines? ask your HCW (Healthcare Worker)

#### CAUTION!



**1HP can affect your hormonal contraception, always use condoms while taking 1HP**



**Don't take alcohol while taking 1HP**

### 1HP is safe to take! But there are some things to look out for. Contact your HCW if you notice:

- persistent fatigue, nausea/vomiting, loss of appetite, jaundice (liver symptoms)
- flu-like symptoms (mild and self-limiting)
- cough, fever, sweats, weight loss (TB symptoms)
- tingling or burning in hands or feet
- rash, diarrhoea or confusion (pellagra symptoms)

### Missed your dose?

**1-2 days missed:** take when you remember, then continue the next day

**3+ days missed:** take when you remember and continue

**Not sure?** contact your HCW

<https://www.impaact4tb.org/medication-tracker/>

English | December 2022

# 1HP | MEDICATION TRACKER

The 28-Dose Regimen for TB Infection (Sleeping TB)



Start Date: ...../...../.....

Pill Type	Number of pills	Start Day
HP (FDC): .....	# .....	<input type="radio"/> Monday
Isoniazid: .....	# .....	<input type="radio"/> Tuesday
Rifapentine: .....	# .....	<input type="radio"/> Wednesday
Vitamin B6: .....	# .....	<input type="radio"/> Thursday
		<input type="radio"/> Friday
		<input type="radio"/> Saturday
		<input type="radio"/> Sunday
	Total: .....	

Daily reminder method: .....

**Once a day for 28 days = 28 doses total**



**If you are unsure about when to take your medication, please ask your healthcare worker immediately**



Take all the pills together **once a day, for 28 days**, and mark the day to show when you took your medicine.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Next Appointment	Notes
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	...../...../.....	
Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Week 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Week 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	...../...../.....	



**Try to take your medication everyday.**

If you miss a day or two, take the medication immediately and go back to your normal daily routine