



Raju's story

Raising awareness

about tuberculosis

in the community

Raju visits his friend Kamal. Raju looks very tired. He has a **high temperature** and he started **coughing** about 3 weeks ago. He **looks thin**, he is **sweating at night** and he **no longer wants to eat food**.

"You look tired. I think you should go to your GP. It's not a good idea to wait and do nothing about it," said Kamal.



Raju went to the GP.

"I think I have the flu. I cough a lot and I've got a high temperature," said Raju.



The doctor examined Raju and listened to his chest.

"Do you see blood when you cough into your tissue?" asked the doctor.

"Yes," said Raju.



"Please go to the hospital for a chest x-ray" said the doctor.



"Can you cough up some sputum into this pot"



The next day, Raju went to the hospital to have a chest x-ray.



Three days later the TB (tuberculosis) nurse at the hospital telephoned Raju and asked him to come to the clinic as his sputum sample and his chest x-ray showed that he probably had TB.





Raju and his wife went to see a consultant at the hospital and he also saw a specialist TB nurse. They took another sputum sample and explained about TB. **Because the TB was in his lungs, he was infectious** and could give TB to other people as the bacteria were in his sputum.



"How much does the treatment cost?" asked Raju.

"It's free!" said the nurse.

Raju was told that he **must take drugs for at least 6 months to cure the TB completely** but after taking the drugs for **2 weeks, he would not be infectious** and could go back to work or college.

The nurse gave him a **list of things he must and must not do** during the **first 2 weeks** while he was still infectious:



1. You must stay at home for 2 weeks.



2. You mustn't have too many visitors.



3. You must keep windows open if possible.



4. You must cover your mouth when you cough.

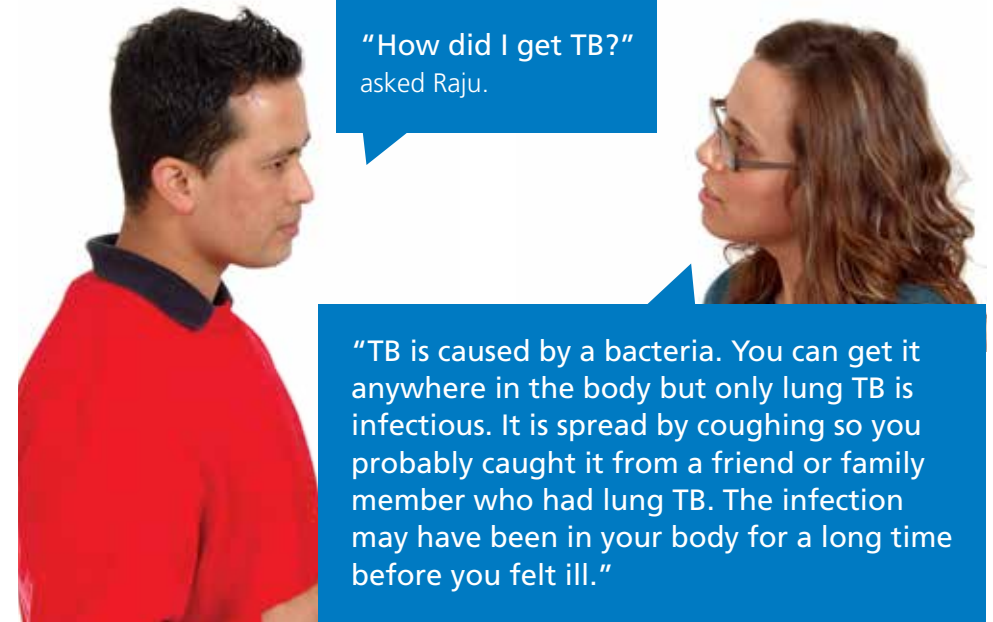


5. You must cough into a tissue and then flush it down the toilet.

Raju was also told that there were **important things to remember** about taking the medicine.

You mustn't stop taking the medicine when you feel better.

It is very important to take the medicine until the course is completed (at least 6 months).



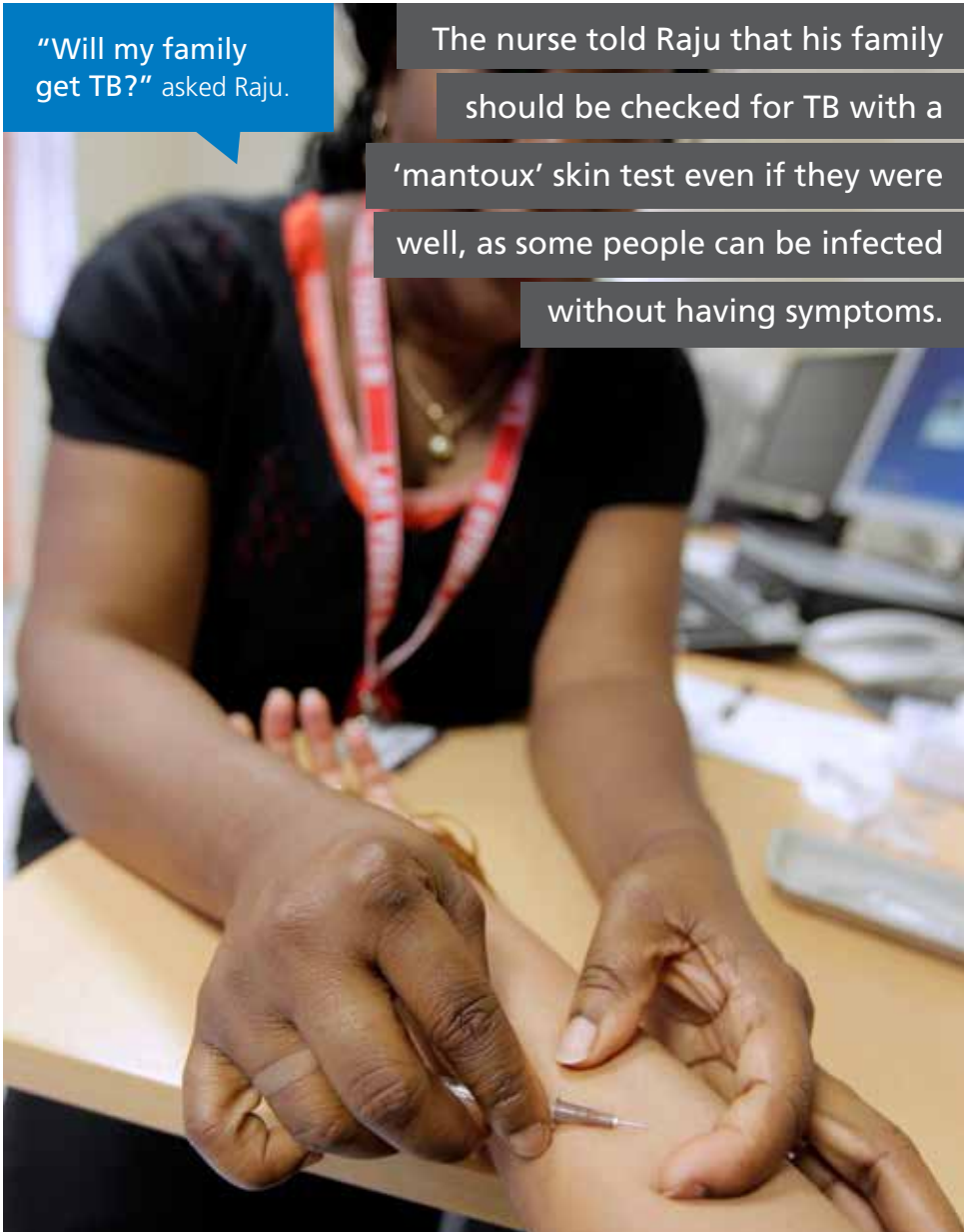
You mustn't give your medicine to anyone else.

You must never miss a dose of the medicine. If you do, contact the TB nurses straightaway.



"Will my family get TB?" asked Raju.

The nurse told Raju that his family should be checked for TB with a 'mantoux' skin test even if they were well, as some people can be infected without having symptoms.



Raju's wife and his two children were given an appointment that week to be screened for TB. The results of the tests showed that no-one else in his family had TB.

Raju took his medicine for six months and then he went back to the clinic at the hospital.



The consultant sent him for another x-ray and some tests. When the TB nurse gave Raju the results, he was very happy as he didn't have TB any more.



Make sure that you are registered with a GP practice or health centre and **always make an appointment if you feel unwell** or are concerned about your health.

Treatment in the **NHS is free.**

Know the symptoms of TB

