

MILESTONE TRACKER

FILL THIS IN
WITH YOUR
HEALTH
WORKER



Name: _____

Age: _____

Type of TB: _____

MEDICATION DOSE

DATE	WEIGHT (KG)	MEDICATION DOSE	
		 RHZ (75/50/150) Swallow whole OR dissolve the tablet in water.	 ETHAMBUTOL (400MG) Swallow 1 tablet whole OR crush and mix the tablet in 8ml of water.
Day 0		Give _____ mls/_____ tablets	From your prepared 8ml of crush and mix. Give _____ mls/_____ tablets
Day 14			
Month 1		Give _____ mls/_____ tablets	Give _____ mls/_____ tablets
Month 2		Give _____ mls/_____ tablets	Give _____ mls/_____ tablets
		 RHZ (75/50/150)	
Month 4		Give _____ mls/_____ tablets	
Month 6		Give _____ mls/_____ tablets	
Month 9*		Give _____ mls/_____ tablets	
Month 12		Give _____ mls/_____ tablets	

Talking to someone you trust can lighten the load.

**NEED HELP?
FOR SUPPORT**

Call your local clinic
or the TB Hotline



**YOU ARE NOT
ALONE!**

Ask for help if you feel tired or worried. - Celebrate every small step. Each day brings your child closer to being healthy again!

You can do this — one day at a time.

Don't feel ashamed
— dealing with TB
shows courage, not
weakness.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



Gates Foundation

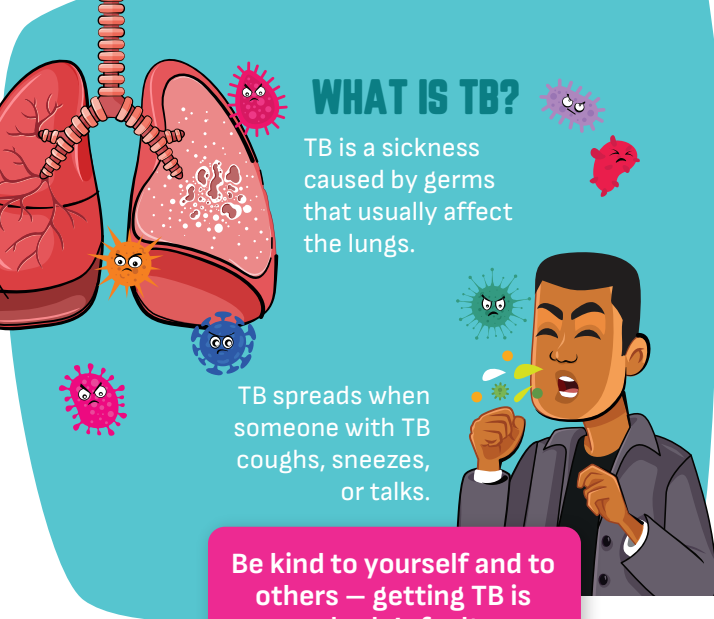


CARING FOR A CHILD WITH TB



A GUIDE FOR CAREGIVERS

This guide is here to help you understand TB and how to care for your child during treatment.
You are not alone!

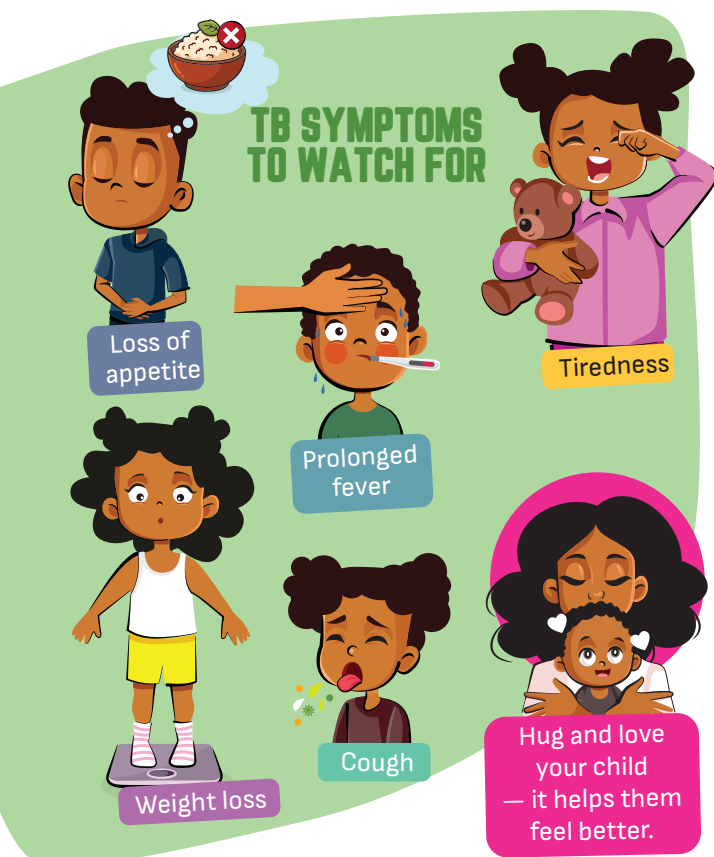


WHAT IS TB?

TB is a sickness caused by germs that usually affect the lungs.

TB spreads when someone with TB coughs, sneezes, or talks.

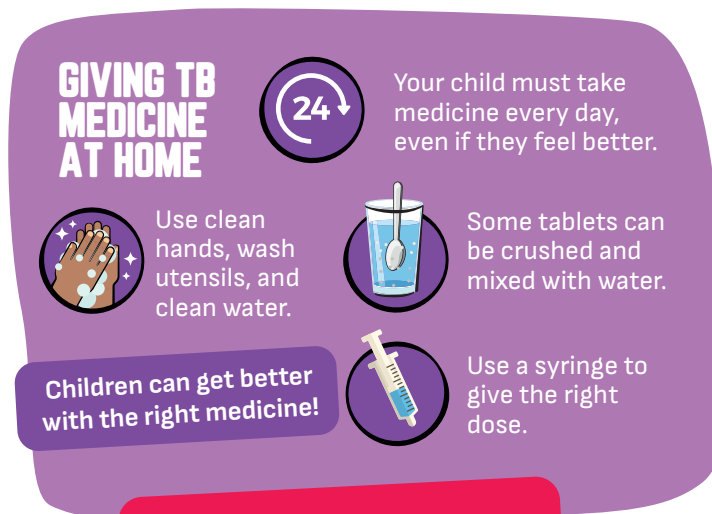
Be kind to yourself and to others – getting TB is nobody's fault.



TB SYMPTOMS TO WATCH FOR

- Loss of appetite
- Prolonged fever
- Weight loss
- Cough
- Tiredness

Hug and love your child – it helps them feel better.



GIVING TB MEDICINE AT HOME

24 Your child must take medicine every day, even if they feel better.

- Use clean hands, wash utensils, and clean water.
- Some tablets can be crushed and mixed with water.
- Use a syringe to give the right dose.

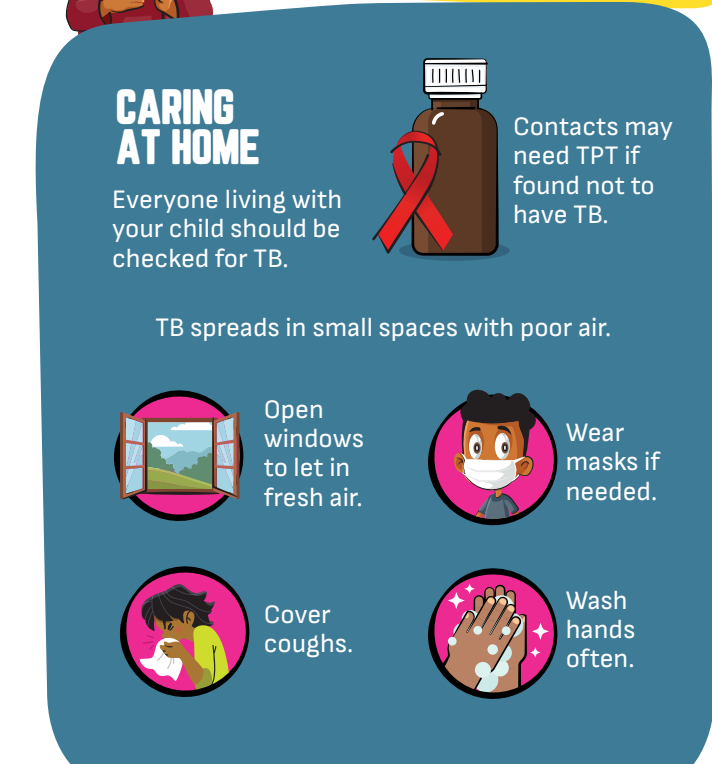
Children can get better with the right medicine!



Don't reuse leftover medicine.

TIPS

Make it fun: sing a song, give a small reward. – If your child doesn't want to take the medicine, try again later.



CARING AT HOME

Everyone living with your child should be checked for TB.

Contacts may need TPT if found not to have TB.

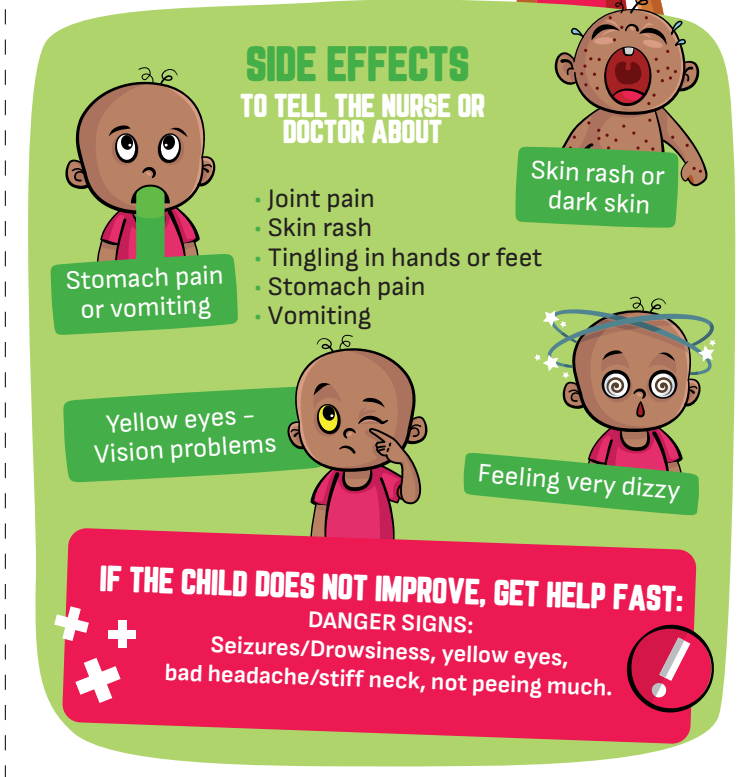
TB spreads in small spaces with poor air.

- Open windows to let in fresh air.
- Wear masks if needed.
- Cover coughs.
- Wash hands often.



EATING HEALTHY HELPS HEALING!

Protein: eggs, beans, meat, fish
Vitamins: fruits and vegetables
Energy: rice, bread, potatoes
Drink water often



SIDE EFFECTS TO TELL THE NURSE OR DOCTOR ABOUT

- Stomach pain or vomiting
- Joint pain
- Skin rash
- Tingling in hands or feet
- Stomach pain
- Vomiting
- Yellow eyes – Vision problems
- Skin rash or dark skin
- Feeling very dizzy

IF THE CHILD DOES NOT IMPROVE, GET HELP FAST:

DANGER SIGNS:
 Seizures/Drowsiness, yellow eyes, bad headache/stiff neck, not peeing much.