

# WHAT WE NEED TO **FIGHT** **TUBERCULOSIS**

A LIST OF DEMANDS TO STOP THE TB EPIDEMIC



# INTRODUCTION

In 2013, an estimated 9 million people fell sick with tuberculosis (TB) and more than 1.5 million died. TB is a disease caused by bacteria, and it is passed in the air. TB bacteria are put into the air when a person with TB coughs, sneezes, speaks, or sings. All people deserve high-quality care for this preventable and curable disease.

There are things that can be done to stop the epidemic. As concerned citizens, activists, and people affected by TB, we are asking you and other policymakers to ensure that policies and practices be put in place so that people stop suffering and dying from TB. This pamphlet explains what will be necessary to stop the TB epidemic in our country.



# SEARCH

To stop the spread of TB, we must search for people sick with TB and diagnose them early.

## WE DEMAND

- 1 Contact investigations around people diagnosed with TB, with special attention to those contacts at greater risk of also becoming sick with TB
- 2 Regular screening for TB in people with HIV
- 3 Regular screening for TB in groups where TB can be easily transmitted
- 4 Modern diagnostic tests that can quickly and effectively diagnose TB
- 5 Rapid and sensitive drug resistance tests for all
- 6 A clinical algorithm to guide TB treatment in those without laboratory confirmation of TB, especially for children and people living with HIV



# TREAT

TB is a curable disease. Every person with TB must be treated quickly and correctly, and supported through treatment. Otherwise, they will continue to be sick and the disease will spread.

## WE DEMAND

- 1 Prompt and effective treatment with the correct drugs
- 2 Access to first- and second-line TB treatment, and medication to manage side effects, all free of charge
- 3 Child-friendly formulations of first- and second-line TB treatment
- 4 Social support for people sick with TB and their immediate family, including treatment supporters, patient support networks, transportation assistance, and food assistance
- 5 Integrated care for TB and other medical conditions such as HIV, diabetes, and depression

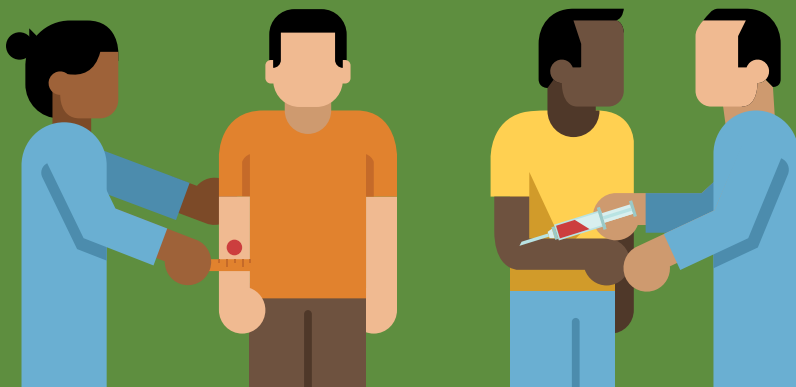


# PREVENT

TB is a preventable disease. Treating people who are infected with TB but not yet sick can prevent them from becoming sick in the future.

## WE DEMAND

- 1 Separation and the use of paper masks for people coughing in hospital and clinics
- 2 Screening and treatment for people with TB symptoms working or living in crowded settings like mines, factories, or prisons
- 3 Testing and treatment for TB infection in those exposed to TB, especially children
- 4 Regular testing and treatment for TB infection in people living with HIV
- 5 Treatment of drug-susceptible TB infection with the new once-weekly 12-dose treatment (isoniazid/rifapentine)





**WHAT WE NEED TO FIGHT TUBERCULOSIS** is designed to help activists understand TB and learn the necessary demands to effectively fight TB.

This pamphlet was developed and written by the Department of Global Health and Social Medicine at Harvard Medical School (<http://ghsm.hms.harvard.edu/>).