



National TB Control Program



Ministry of Health
Government of Pakistan

Know about TB and stay protected!



How does TB spread?

TB spreads through the air.

When TB patient coughs or sneezes, he / she transmits TB germs in the air.



What are the symptoms of TB?

- The symptoms of TB are:
Cough for more than 3 weeks
- Fever • Blood in Sputum



How is TB diagnosed?

TB is diagnosed through a simple sputum test. TB diagnostic services are provided free of cost throughout Pakistan.



How TB is cured?

TB is cured by taking regular and daily medicines for 8 months under Directly Observed Treatment Short Course (DOTS) Free of cost DOTS services are available throughout Pakistan

How can a TB patient protect others from TB?

Take medicines regularly on daily basis for 8 months



Cover mouth and nose while coughing and sneezing



Keep windows of room open because TB germs can't survive in fresh air and sunlight



Health Center



What can you contribute?

- Get yourself educated on TB (visit www.ntp.gov.pk)
- Educate others on TB
- Visit the nearest health center for more information