

Jockey Club S.A.T.H. Project for Healthy Families

TUBERCULOSIS (TB)

Seek medical attention when...

- persistent cough for 3 to 4 weeks,
- blood in sputum,
- persistent fever,
- loss of weight, and
- night sweating.

Where?

- Call government **chest clinic** closest to you [Scan here](#)
- Visit government out-patient clinic
- Visit a private doctor



Prevention of TB



BCG vaccination



Early diagnosis & treatment



Early contact tracing

Healthy lifestyle



Enough rest



Fresh air



Balance diet



Adequate exercise



Personal hygiene

Treatment of TB

DOT (Directly Observed Treatment):

- Standard 6 months course of 4 antibiotics.
- Patient takes every dose of medication under direct observation of healthcare staff.
- **Compliance! Compliance!! Compliance!!!** to the regular treatment.

** Free treatment at government chest clinic for Hong Kong citizens



FURTHER INFORMATION & SUPPORT:

[Hong Kong Tuberculosis, Chest and Heart Diseases Association \(antitb.org.hk\)](http://antitb.org.hk)

[Tuberculosis and Chest Service Department of Health - Home \(info.gov.hk\)](http://info.gov.hk)

[Hospital Authority \(ha.org.hk\)](http://ha.org.hk)

[Centre for Health Protection - Tuberculosis \(chp.gov.hk\)](http://chp.gov.hk)