

What You Should Know About Tuberculosis

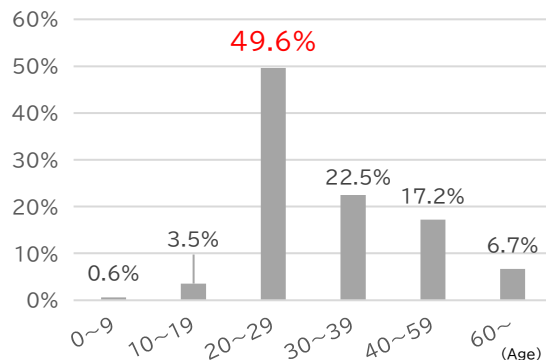


☆ Leaving your home country and being surrounded by a different language and lifestyle can cause stress. Accumulating stress can lead to a weakened immune system. A weakened immune system increases the risk of developing tuberculosis. Do not push yourself too hard, and when you feel unwell, feel free to consult with the staff from your supervising organization or training center.

© 2014 大阪府もずやん

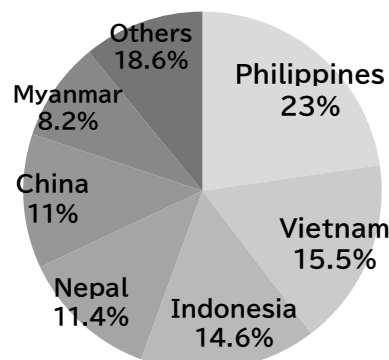
The Status of Tuberculosis Patients among foreign-born individuals

<Number and Proportion of Newly Registered Foreign-born Tuberculosis Patients by Age Group, 2022>



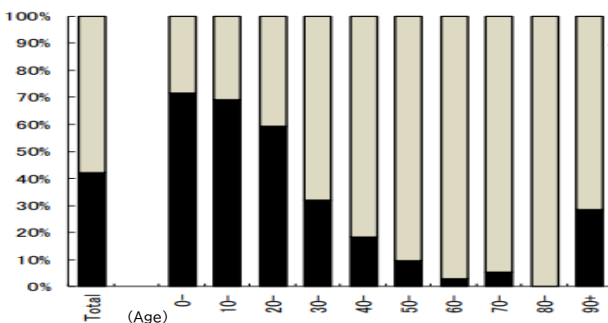
About 50% are between the ages of 20 and 29, with a higher prevalence among younger age groups!

<Foreign-born Tuberculosis Patients by Country of Birth, 2022>



Common in Asian countries!

<Percentage of tuberculosis patients born abroad by entry period and age group, 2022>



In the younger population under 30, more than half develop the disease within 5 years of entering Japan!

■ Entered in Japan more than 5 years ago / Period unknown
■ Entered in Japan within the past 5 years

What is Tuberculosis (TB)?

- Tuberculosis (TB) is an infection caused by inhaling tuberculosis bacteria (*Mycobacterium tuberculosis*) that spread into the air from the coughs or sneezes of a person with pulmonary tuberculosis (airborne transmission).
- Infection means that the tuberculosis bacteria are present in the body but are in a dormant state.
- Active disease means that the tuberculosis bacteria are multiplying in the body and causing symptoms.



"Not everyone who is infected with tuberculosis will develop the disease."

Main Symptoms



Cough, sputum



mild fever



fatigue



loss of appetite

Other Symptoms

Recently, experiencing night sweats, weight loss, etc.
 ◎ As mentioned above, early symptoms are similar to those of a cold, and the characteristic feature is that the symptoms are long-lasting. If these symptoms continue for more than two weeks, you should consult with the staff from your supervising organization or training center..

How is tuberculosis treated?



Tuberculosis can be cured with medication!

- ◎ If diagnosed with active tuberculosis, you will need to take multiple medications daily for 6 to 9 months.
- ※ Depending on the condition of the disease and progress, the treatment duration may be extended.
- ◎ It is very important to continue taking the medication every day until the treatment is completed.

About the medical system

- ◎ Regarding the cost of tuberculosis treatment, financial assistance is available from the national and local governments under the Infectious Diseases Control Law.
- ◎ If you find it difficult to understand explanations in Japanese, you can request an interpreter when necessary."

Prevention

- (1) Regular Exercise
- (2) Adequate Sleep
- (3) Balanced Diet
- (4) Avoid Smoking
- (5) Get Regular Health Check-ups at workplace (including chest X-rays)

- ☆ Early detection and prompt medical attention are crucial.
- ☆ If there is no risk of spreading the infection to others, you can go to work or school while taking medication!
- ☆ The public health center will also provide support to people diagnosed with tuberculosis!



quotation: Tuberculosis Prevention Society
 Created by Izumisano Public Health Center