



Tuberculosis (TB)

TB is a short name for tuberculosis. TB is a disease that usually affects the lungs, but sometimes affects other parts of the body for example the brain, bones, abdomen. TB is caused by a bacteria called *Mycobacterium tuberculosis*.

How is TB spread?

TB is spread through the air when someone who has TB coughs, laughs, sings, or sneezes. Breathing in this air causes the *Mycobacterium tuberculosis* to enter your lungs.

Which children are at risk of getting TB?

- Children living with an adult who has TB
- Children living with HIV/AIDS
- Children living in overcrowded homes with poor ventilation
- Malnourished children
- Children with reduced immunity like those on prolonged steroid therapy or those with cancers and are on chemotherapy

What are the signs and symptoms of TB in children?

- Cough, especially if persistent
- Fever
- Losing weight or not gaining weight
- Fatigue or not playing as much
- Excessive sweating at night or during sleep

What should I do if I think my child has TB?

Visit your nearest health facility and healthcare workers will examine your child and test them for TB.

Can TB be treated?

Yes, it can!

Depending on the type of TB your child has, they will be given medication for 4, 6, or 12 months.

The TB tablets dissolve in water and are not bitter so it is easy to give them to your child.



Pneumonia

Pneumonia is an infection in one or both lungs and is sometimes called a lower respiratory tract infection. Pneumonia in children is caused by viruses, bacteria or fungus.

This infection causes the small airways in the lung to become swollen and make more mucus. This mucus blocks the airway making it difficult for oxygen to get into the body.

What are the signs and symptoms of pneumonia?

These will vary depending on your child's age but may include one or more of the following:

- High body temperature (fever)
- Fast and/or difficulty breathing – you may see the nostrils flaring or the skin between their ribs 'sucking in' when they are breathing
- Cough
- May be very irritable or more tired than usual
- Chest pain, especially when coughing
- Tummy ache
- Poor feeding or breastfeeding

What should I do if I think my child has pneumonia?

Visit your nearest health facility as soon as possible for treatment.

How is Pneumonia treated at the hospital?

Depending on how sick your child is, they may be admitted and treated in the hospital or given medicine to take at home.

Your child will be given medication to control the fever and some children may also need oxygen and extra fluids.

If your child has bacterial pneumonia, they will be given a course of antibiotics. Antibiotics will not be given if your child has viral pneumonia. Antibiotics do not kill viruses.



What else can I do for my child when they have pneumonia?

- Ensure your child gets a lot of rest
- Give them adequate fluids
- Give medications as prescribed by your healthcare worker. Do not buy medication over the counter without a prescription.
- Feed your child a balanced diet

How can I protect my child from pneumonia?

- Ensure your child receives all the under-five vaccinations as per immunization schedule
- Breastfeed children exclusively for the first 6 months
- Wash or sanitize hands regularly
- Wear a mask
- Do not expose your children to cigarette smoke

