

# Don't worry!

## Things you can do daily

Tuberculosis is a curable disease!!



Taking your medicine everyday is the most important thing.

If you have a cough, wear a mask.



**Physical checkup**  
Be sure to take the checkup at your school or workplace.

**Live a healthy lifestyle**

Keep well-balanced diet

Don't smoke

Exercise moderately

Sleep well

### Is your persistent cough really just a cold?



Cough!  
Cough!

Tubercle Bacillus

# Consult a doctor if your cough lasts longer than two weeks

## What is Tuberculosis?

When a patient with tuberculosis coughs or sneezes, tubercle bacillus are released into the air, which can enter deep into the lungs and infect those who breath it in.

Consult the pulmonary medicine department at a medical institution. Consultation is available in foreign languages with telephone support.

Cough

Low-grade fever

These may be symptoms of tuberculosis

Feel lazy

Loss of appetite

Losing weight

| Name   | Telephone                    | Supported languages                     | Days                      | Hours                      |
|--|------------------------------|---|---------------------------|----------------------------|
| Tokyo Metropolitan Health and Medical Information Center, Foreign Language Consultation      | 03-5285-8181                 | English, Chinese, Korean, Thai, Spanish | Every day                 | 9:00~20:00                 |
| Japan Anti-Tuberculosis Association, Telephone Consultation for Foreigners with Tuberculosis | 03-3292-1218<br>03-3292-1219 | English, Chinese, Korean, Vietnamese    | Tuesday                   | 10:00~12:00<br>13:00~15:00 |
|  |                              | Burmese                                 | 2nd and 4th Tuesday       | 10:00~12:00                |
| SHARE (Services for the Health in Asian & African Regions) (NGO)                             | 050-3424-0195                | English                                 | Monday, Wednesday, Friday | 10:00~17:00                |