

# September 24th to September 30th is "Tuberculosis Prevention Week"!

~Let's understand tuberculosis correctly~



英語

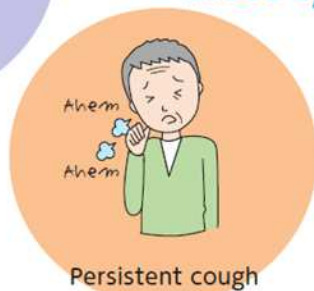


## What is Tuberculosis?

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 breathe it in .



Have you recently experienced these symptoms?



### • Recommendations for your daily life •



Eat a balanced diet



Get enough sleep



Get adequate exercise



Quit smoking



Rest when you're stressed out or tired



Learn techniques to relax and decompress

### • Recommendations for your medical care •



See your health care provider as soon as possible if you have a cough or other symptoms of a common cold that have persisted for more than two weeks.



Undergo a chest-x-ray at least once a year.



Make sure your baby receives a BCG vaccination.

出典：大阪府



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