

A WORLD
free of TB
starts with a
COMMUNITY
free of TB!



CHILDHOOD TUBERCULOSIS ACTIVITY BOOK

THINGS TO REMEMBER

- * Tuberculosis is curable if you take your treatment properly
- * TB is transmitted through the air
- * The spread of TB can be prevented by taking treatment regularly, opening windows to allow air flow, and covering our mouths when we cough
- * Children can have different signs and symptoms of TB than adults
- * Contact tracing is one of the best ways we can help to fight the spread of TB in our families and our community
- * A world free of TB starts with a community free of TB. We can all work together to cure TB.



A world free of TB starts with a community free of TB!

DRAWING PAGE

Draw a picture to go with the sentence at the bottom of the page.

TB is a problem all over the world, including right here where we live. It can affect anyone, including kids.
That's why it is so important for all of us to work together to help fight TB!

DRAWING PAGE

Draw a picture to go with the sentence at the bottom of the page.

AIRBORNE TRANSMISSION: *Bacteria can be very easily spread through the air when someone sick with TB coughs or sneezes. When you inhale the bacteria in the air, you can become sick too.*

DRAWING PAGE

Draw a picture to go with the words in each box.

COUGHING

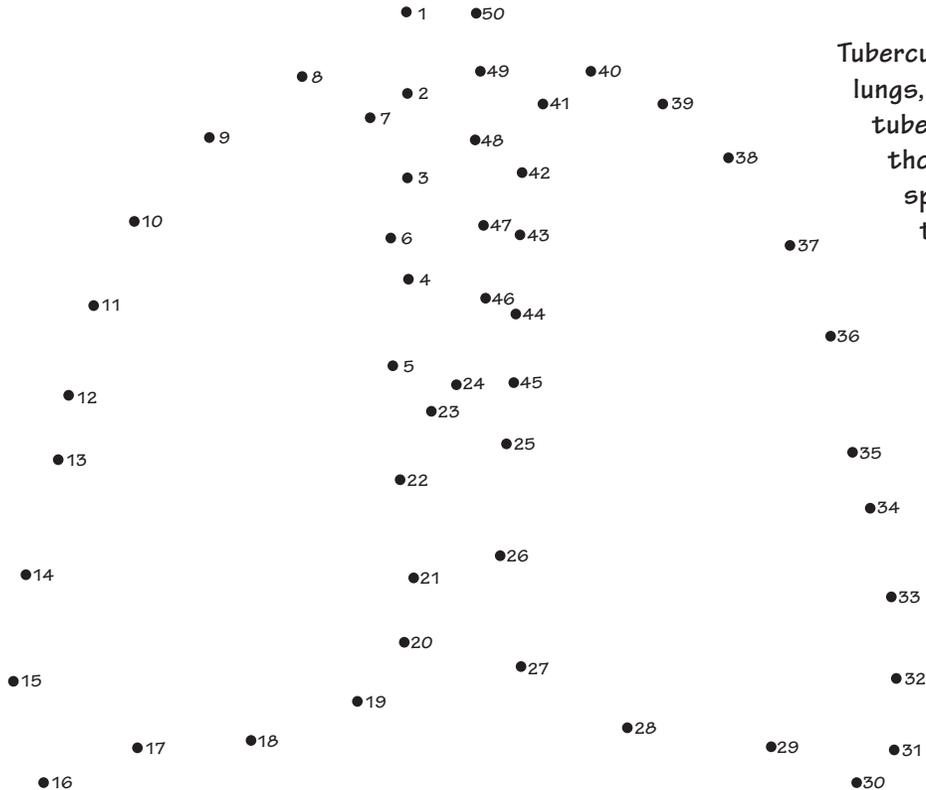
NIGHT SWEATS

LOSS OF APPETITE AND WEIGHT

FEELING TIRED AND WEAK

TB SYMPTOMS: Adults who have TB usually cough for more than two weeks, lose their appetite, are often very tired, and sometimes have night sweats. Children often have different symptoms than adults.

WHERE DOES TB BACTERIA INFECT?



Tuberculosis usually infects the lungs, this is called **PULMONARY tuberculosis**. Sometimes though, the bacteria can spread to other parts of the body, like your bones or your kidneys, this is called **EXTRA-PULMONARY tuberculosis**.



PREVENTION METHODS

Circle the parts of these images that put you at higher risk for getting TB.

Put squares around the parts of these images that are ways to help prevent TB.



There are also other ways we can help prevent the spread of TB. We can leave our windows and doors open to allow air to flow, we can make sure we keep our bodies healthy, and we can cover our mouths if we start coughing.

If you have TB, the best thing you can do is finish your treatment fully!

DRAWING PAGE

Draw a picture to go with the sentence at the bottom of the page.

TREATMENT: Tuberculosis is curable! You have to make sure that you finish your full treatment though, otherwise you may not get rid of all the bacteria in you and you could feel sick again.

DRAWING PAGE

Draw a picture to go with the sentence at the bottom of the page.

MDR-TB: Sometimes, the bacteria does not respond to the treatment. This could mean that you have Multi-Drug Resistant Tuberculosis (MDR-TB). Don't worry though, MDR-TB is still curable if you finish your treatment!

DRAWING PAGE

Draw a picture to go with the sentence at the bottom of the page.

THE FIGHT AGAINST TB BEGINS WITH US: Many people we know have been affected by tuberculosis. One of the best ways to fight against TB is to support those who do have TB. We can encourage them to take their treatment so that they get better quicker.

CONTACT TRACING

Mark where these people show any of these symptoms.



FEVER



GETTING THINNER



COUGHING



NOT EATING



NIGHT SWEATS

	FEVER	GETTING THINNER	COUGHING	NOT EATING	NIGHT SWEATS
Mother					
Father					
Sister					
Brother					
Other					
Other					
Other					



If you or your family are showing any of these signs or symptoms of TB, please go to the doctor to be tested.

Special thanks to Kick TB for allowing us to use their contact tracing worksheet.

For more information, visit www.kicktb.co.za

WORD SEARCH

Search up, down, forwards, and on the diagonal for the underlined words.

E T Y K
B I A Q
W T D C
T V V K
J L A V
Z O Q C
D C B M
V W N K
R O Q F J
C W R Z P N
C S D G T S V
E Z X X E K E B D C O F A R I A Q O I R E U G A
P G T R A P K D U M Z H
Y W Y K B F D A I C V B Q
Q J Y X U E A S C N V T P J
A B R L Y M V C S M I A E A
J W C C U R E X T K Q P W M
R H O W D Y K T A E W L A X
B P U L M O N A R Y R O X O
D U G V Q E Q D U R R I P P
Z V H G T T L Z X Z P A G
I V O A X B U K P R H F M M
Q E L L Y V F Y M Q G H O F
B H S O A W X P C C F U E I
T T H L S T F C O R G Z O
Z B I Q E M I K O N I
Z X Z N
T P D R
Q Y R P
V Y U G S
Q B I R R G
X O Z P Z L W
E I C B J K Y R N N G J
V R P I B F V M Z Z A R A
E V O S Y M P T O M S E D F
N X Z Q U G C U V D I K L E
T K P B J C N B H G F I W F
A C T Q J C S E R W M K R A
T K R U L H G R B W Q V J C
C Y E B Q R V C Z H C J C P
B Z A X C Y R U O V S S L W
I I T L L W M L M F L E U K
E N M J F Q M O I Q C P H V
V G E O Q Y Y S A A R M S W
T N J L W K I K K U Q R G
T W X H A S A Z S H F

Tuberculosis is one of the world's oldest illnesses and can affect anyone, including kids.

Tuberculosis is caused by a bacteria called Mycobacterium Tuberculosis.

A common symptom of TB is a persistent cough that lasts for more than two weeks.

Sometimes, kids can have different symptoms than adults with TB, or even none at all.

Pulmonary TB is the most common type of TB and affects your lungs.

Latent TB is an inactive form where the bacteria is in you, but you do not feel sick and cannot transmit the bacteria to others.

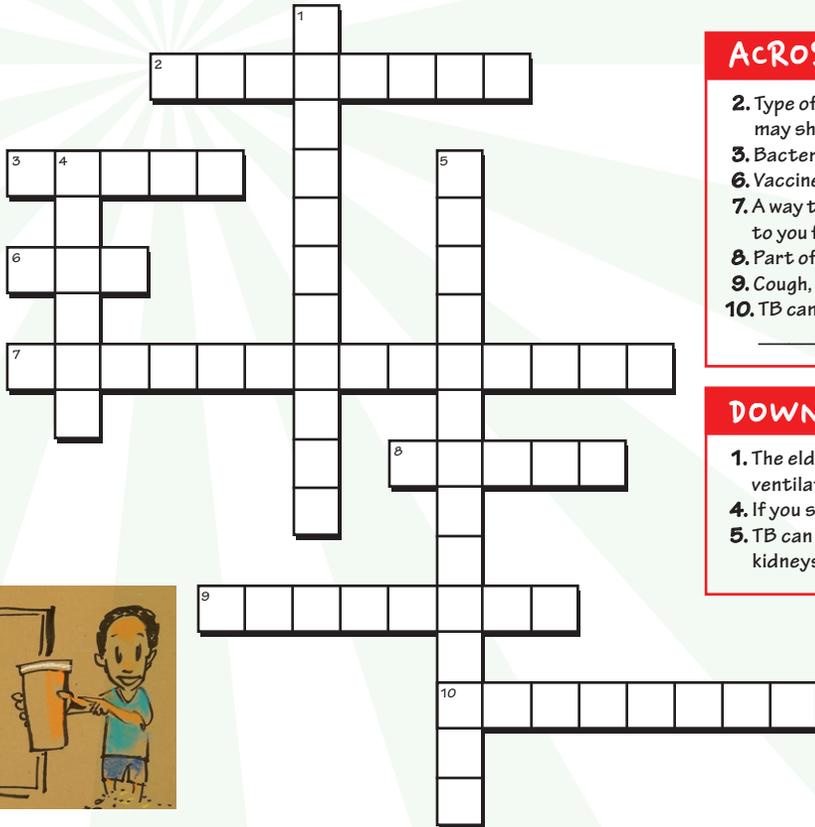
There are many ways to prevent TB, including staying healthy, covering your cough, keeping doors and windows open, and avoiding closed and crowded spaces for long amounts of time.

If you have TB, don't worry because TB is curable if you take your treatment properly!

We can all work together to cure TB.

CROSSWORD PUZZLE

Use the clues to help you fill in this crossword puzzle.



ACROSS:

2. Type of TB where you can transmit the bacteria to others and you may show symptoms
3. Bacteria does not respond to treatment
6. Vaccine that can help prevent young kids from some forms of TB
7. A way to help prevent the spread of TB by testing everyone close to you for TB
8. Part of the body that TB typically infects
9. Cough, fatigue, loss of appetite, weight loss, night sweats
10. TB can be spread when we cough, talk or sneeze. This is called _____ transmission.

DOWN:

1. The elderly, young children, people with other illnesses, poor ventilation
4. If you suspect you have TB, you should go to a _____.
5. TB can spread to other parts of your body, such as your brain, kidneys, or bones. This is called _____ TB.

WORD BANK:

Risk Factors	BCG
Symptoms	Contact tracing
Extrapulmonary	Doctor
MDR TB	Active TB
Airborne	Lungs

MATCHING

Match the questions on the left with their answers on the right.

What are some
PREVENTION TECHNIQUES?

What are some
RISK FACTORS?

How is TB
TRANSMITTED?

Are the symptoms for
CHILDREN and ADULTS
always the same?

What is
CONTACT TRACING?

If you suspect you or
your close family has TB,
SHOULD YOU GET TESTED?

When someone in a household has TB,
all of the people close to that person
get tested for TB.

No

Be healthy, keep windows and
doors open, practice contact
tracing, cover your mouth when
you cough, finish full treatment

Children, elderly, poor ventilation,
other illnesses (like HIV)

Yes

Through the air



GUESSING GAME

Cut out the cards on the dotted lines. Try to get your teammates to guess the word at the top without saying any of the words below!



Contact Tracing

Contact
Tracing
Screen
Diagnose
Prevent

Bacteria

Cause
Infect
Lungs
Grow
Mycobacterium TB

Cough

Symptom
Persistent
Cover
Transmission
Spread

Latent

Inactive
Bacteria
Symptom
Sleeping
Infection

Lungs

Infection
Body
Bacteria
Pulmonary
Breathe

Extra-Pulmonary

Pulmonary
Lungs
Swelling
Rashes
Miliary

GUESSING GAME

Cut out the cards on the dotted lines. Try to get your teammates to guess the word at the top without saying any of the words below!



Symptoms Cough Sputum Appetite Weight Night sweats	Risk Factors Children Elderly Poor ventilation Crowd Illnesses	Tuberculosis Airborne Cough Disease Infection Bacteria
Treatment Pills Cure Months Medicine Combination	Research Study Doctor Scientists Medicine Treatment	Active TB Disease Symptoms Transmission Treatment Bacteria

YOUR COMMUNITY MURAL

Draw a picture on the wall that represents a community effort to help cure tuberculosis. This can be whatever you imagine when you think of tuberculosis.



TB BINGO

Use these clues to play Bingo with your friends or family. Bingo cards are included on the insert found in the front pocket of this folder.

CLUE: This is how TB is spread

ANSWER: Airborne Transmission

CLUE: What causes TB?

ANSWER: Bacteria

CLUE: True or false: You can stop taking your medicine if you start feeling better

ANSWER: False

CLUE: The part of your body that TB most commonly affects

ANSWER: Lungs

CLUE: Common symptoms for adult TB

ANSWERS: Persistent cough, fatigue, loss of appetite, weight loss

CLUE: Any risk factor

ANSWERS: Young children, elderly, someone with other illnesses poor ventilation, closed and crowded spaces

CLUE: Sometimes, TB can break outside of your lungs and spread to other parts of the body. What is this type of TB called?

ANSWER: Extra-pulmonary TB

CLUE: True or false: TB is curable if you take your treatment properly.

ANSWER: True

CLUE: Any prevention method

ANSWERS: Cough into arm, keep doors and windows open, avoid closed and crowded spaces, finish your treatment stay healthy, BCG vaccine, isoniazid



TB ALLIANCE

www.tballiance.org

