

BREATHE SAFELY STAY HEALTHY

Protect Yourself, Protect Others

Be Aware • Be Safe • Protect Yourself & Your Family



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Air-borne diseases like Flu and Tuberculosis (TB) spread easily but are preventable and treatable.

Be informed. Be safe. Be responsible.



INFLUENZA (FLU)

A common but serious infection

Flu is a viral infection that affects the respiratory system and spreads easily through coughs, sneezes or talking. Most people recover, but it can cause severe illness and complications.



SIGNS & SYMPTOMS



Fever



Cough



Sore Throat



Body Aches



Fatigue



Headache

COMPLICATIONS

- Ear & sinus infections
- Bronchitis, asthma flare-ups
- Pneumonia (can be life-threatening)
- Pregnancy loss (miscarriage)



WHO IS AT RISK?

- Young children
- Elderly adults
- Pregnant women
- People with chronic diseases (asthma, diabetes, heart disease, obesity)
- People with weak immune systems



TUBERCULOSIS (TB)

A curable but serious disease.

TB is a bacterial infection that mostly affects the lungs but can affect other parts of the body. It spreads through the air when an infected person coughs, sneezes or talks.



SYMPTOMS



Persistent Cough (≥2 weeks)



Fever & Night Sweats



Weight Loss



Loss of Appetite



Tiredness & Weakness



Chest Pain

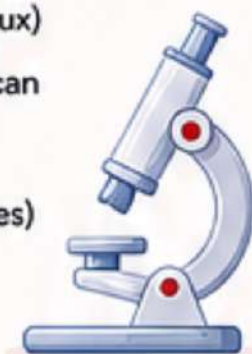
RISK FACTORS (TB)

- Close contact with TB patients
- Crowded or poorly ventilated places
- Malnutrition
- Weak immune system
- Diabetes, HIV/AIDS, cancer, kidney disease
- Long-term steroid or immunosuppressive medicines



DIAGNOSIS (TB)

- Sputum & blood tests
- TB skin test (Mantoux)
- Chest X-ray / CT scan
- NAAT / PCR test
- FNAC (in some cases)



TREATMENT (FLU)

- ✓ Rest
- ✓ Plenty of fluids
- ✓ Over-the-counter pain relievers
- ✓ Consult your doctor if symptoms are severe



Antiviral medicines may be prescribed by a doctor in certain cases.

TREATMENT (TB)

TB is curable! Complete the full course of medicines (6–9 months) as prescribed by your doctor.



Take medicines regularly



Do not skip any dose



Do not stop treatment early



Eat a balanced diet to build immunity

PREVENTION TIPS (Flu & TB)



Get vaccinated (Flu vaccine every year)



Wash hands frequently with soap



Wear a mask if you have symptoms



Keep rooms well-ventilated



Avoid close contact with sick people



Cover your cough/sneeze properly

IF YOU HAVE TB, PROTECT OTHERS



Stay home and isolate



Keep windows open for fresh air



Wear a mask while coughing or sneezing



Use tissues and dispose properly



Seek medical help early



WHEN TO SEEK MEDICAL CARE?

If you have high fever, difficulty breathing, chest pain, persistent cough, weight loss or any of the above symptoms – Consult a doctor immediately.

- ✓ Early Detection.
- ✓ Timely Treatment.
- ✓ Better Tomorrow.

