

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.



Is your persistent cough really just a cold?

- ✓ **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



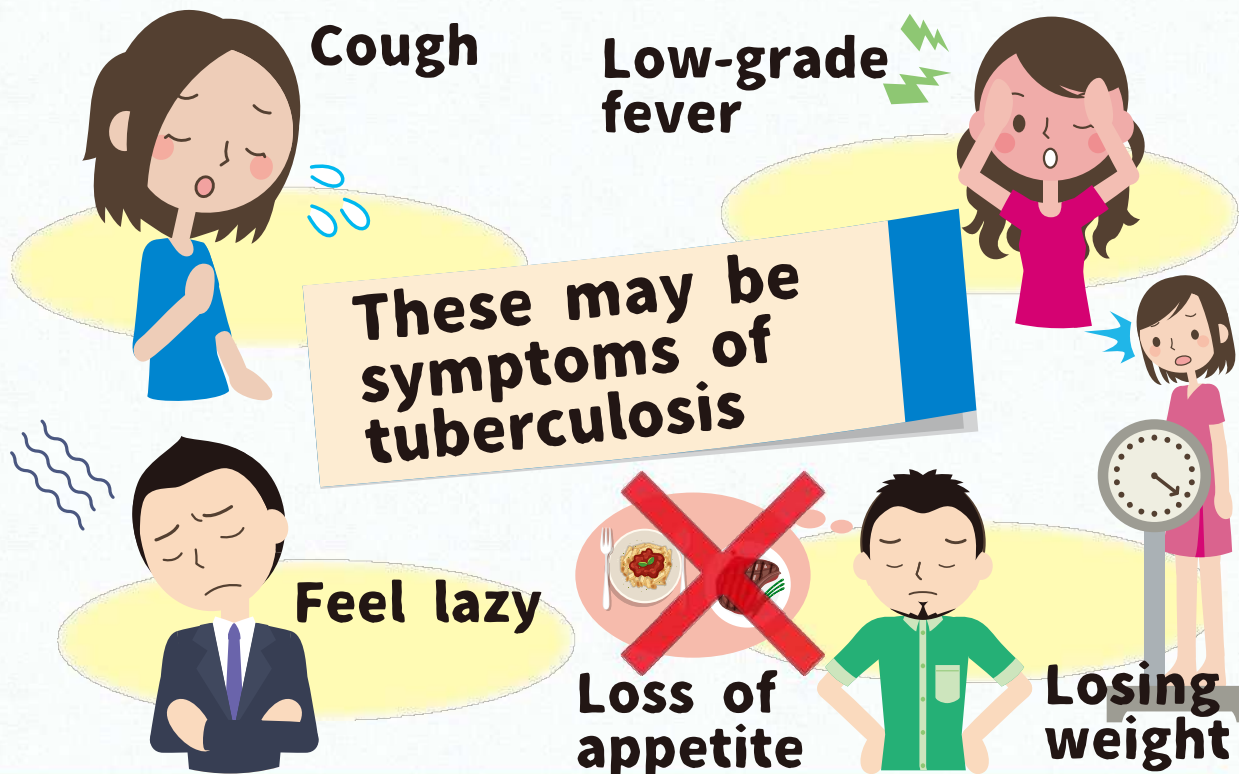
Tubercle Bacillus

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.



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 03-3292-1219	English, Chinese, Korean, Vietnamese	Tuesday	10:00~12:00 13:00~15:00
		Burmese	2nd and 4th Tuesday	10:00~12:00
SHARE (Services for the Health in Asian & African Regions) (NGO)	03-6803-0304	English	Monday, Wednesday, Friday	10:00~17:00