

Let's start with what you can do to prevent tuberculosis



Mark the things you do with a checkmark



Sleep properly(6-8hours)



Eat a balanced diet



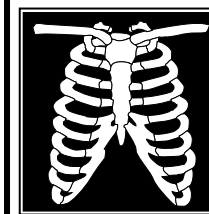
Wear a mask if you have a cough



Don't smoke



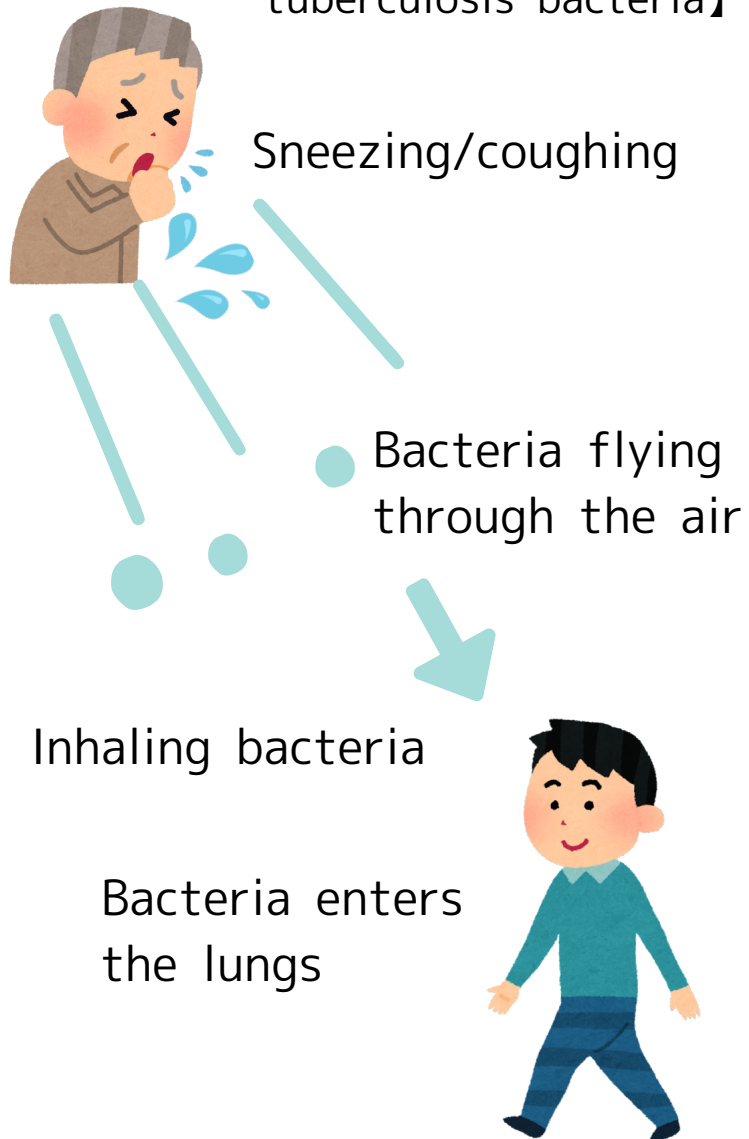
Do regular exercise



Get health checks

If your cough continues for more than two weeks, go to the hospital.

【How you become infected with tuberculosis bacteria】



Cough

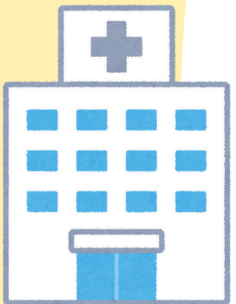
Fever

If you have these symptoms, it may be tuberculosis

Loss of appetite

Weight loss

Tuberculosis is a curable disease!
If you have symptoms,
see a doctor immediately



← Sapporo Official Homepage

Prepared by: Sapporo City Public Health Office,
Infectious Diseases Control Section, Tuberculosis
Control Division ☎011-622-5199 (Japanese only)