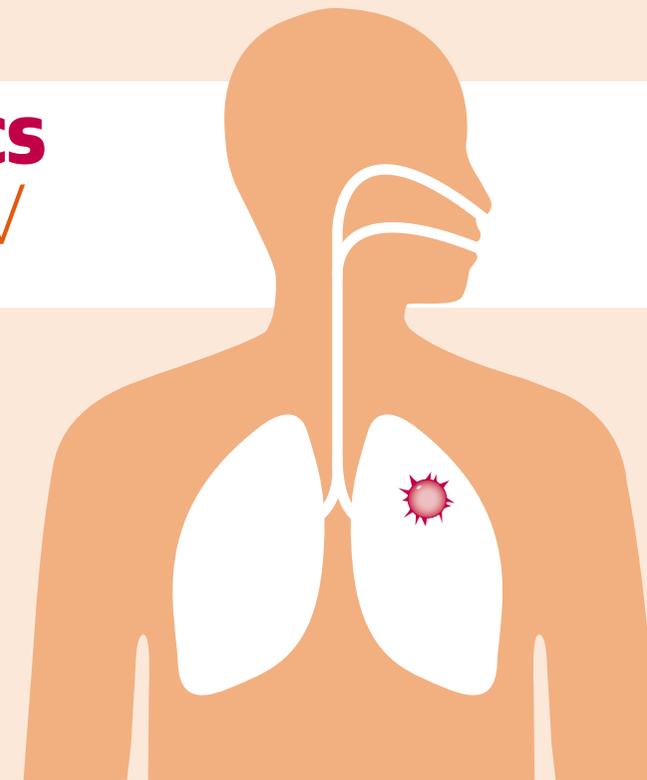


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# The basics TB and HIV



This leaflet can be viewed in large format as a PDF.  
Call NAM on 020 3242 0820.



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## Notes

In people with HIV, the most common cause of **a weakened immune system** is not taking anti-HIV drugs. The immune system can sometimes also be weakened by other medical conditions, not having enough to eat, poor housing, pregnancy, very young age or old age.

## Want to find out more?

### For more information on this topic:

- read our 'HIV and the immune system', 'Treatment for TB and HIV' and 'How TB is passed on' leaflets;
- read our 'HIV & TB' booklet;
- visit the Truth About TB website at **www.thetruthabouttb.org**; or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

### For more information about HIV

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at **www.aidsmap.com/resources**. You can get answers to common questions at **www.aidsmap.com/hiv-basics** and find local services at **www.aidsmap.com/e-atlas**.

**Contact us** by calling 020 3242 0820 or by sending an email to **info@nam.org.uk**

### Has this resource been useful to you?

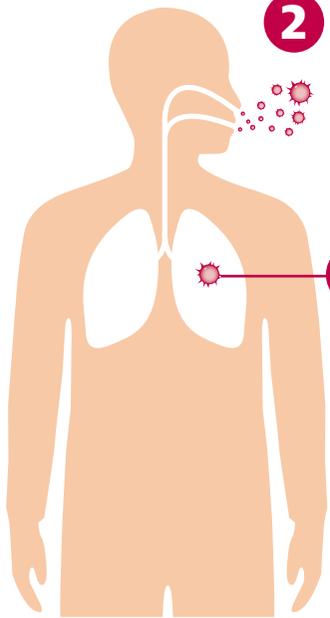
Please let us know what you think by visiting our website at **www.aidsmap.com/feedback**, phoning us or sending an email to **info@nam.org.uk**. Your feedback helps us to improve the services we offer you.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

**We recommend that you discuss the information in this leaflet with a doctor or other health worker.**

# If HIV has weakened your immune system, you are more vulnerable to infection with tuberculosis (TB).

**1** TB is an infection caused by bacteria.



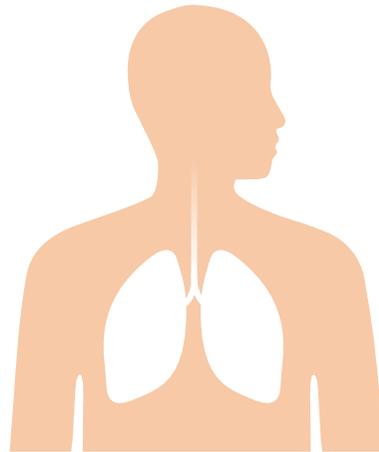
**2** The bacteria pass from one person to another through the air. They can enter your body when you breathe.

**3** The bacteria usually infect the lungs, but they can also infect other parts of the body (such as bones and joints).

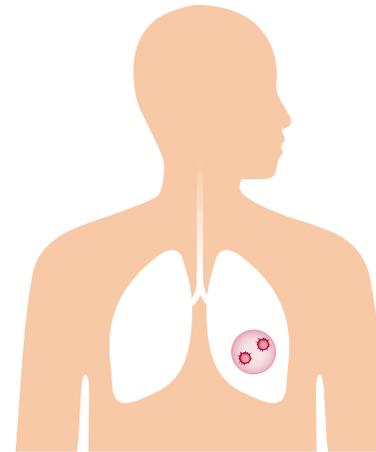
**4** The bacteria don't make everyone ill. It depends on how strong your immune system is.



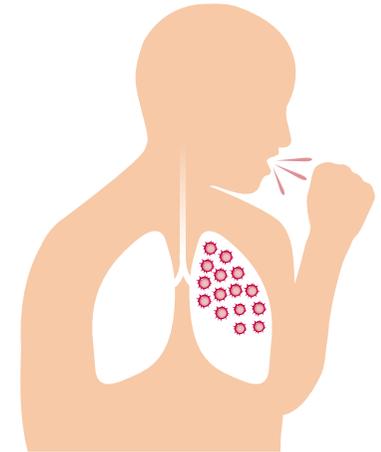
If your immune system is very strong, it kills the bacteria.



If your immune system is fairly strong, it doesn't kill the bacteria but it keeps them under control and you don't feel ill. This is called 'latent infection'.



If your immune system is weak, it can't control the bacteria. The TB bacteria grow and make you ill. This is called 'active infection'.



## Symptoms of TB



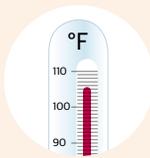
A cough that lasts for more than three weeks



Loss of appetite



Night sweats



Fever

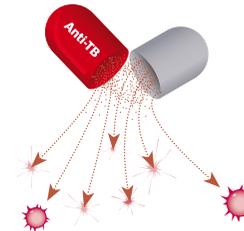


Tiredness



Weight loss

**5** You can kill the bacteria with TB drugs.



**6** You can make your immune system stronger with anti-HIV drugs.



## Important points

● TB is caused by bacteria which pass through the air.

● Untreated HIV weakens your immune system. It makes you more likely to become ill from TB than other people.

● TB is a very serious illness but there is a cure.