

Tuberculosis (TB) is a serious disease transmitted by airborne droplets of saliva during coughing, sneezing or talking. If left untreated, TB can lead to death.

Anyone can get TB: man or woman, old or young, poor or rich. Good news: TB can be cured in almost all cases.

IMPORTANT!

TB must always be treated under medical supervision.

If left untreated, a person with TB can infect their family and friends.

Migrants coming to live and work in Russia are required to be tested for tuberculosis when applying to the Unified Migration Center. A migrant diagnosed with TB cannot live and work in Russia legally. They must get treatment. After a full course of TB treatment under medical supervision, a migrant can reapply to the Migration Center and receive a work permit.

A migrant can access paid TB treatment in Russia or free of charge TB treatment in their own country.

SYMPTOMS OF TUBERCULOSIS:

- fever
- cough lasting more than three weeks
- loss of appetite
- unintended weight loss
- weakness, fatigue, such as getting tired soon from normal work
- night sweats
- enlarged lymph nodes

If you have these symptoms, contact a doctor! He or she will order tests and prescribe treatment for you.

Treatment can take from six months to two years depending on the form of TB.

TB can be completely cured by promptly seeking medical care, completing a full course of treatment and always following the doctor's instructions.

Never self-treat or take advice from people who are not medical doctors. Doing so can cause you to develop an incurable form of TB.



**Call these number for free
advice:**

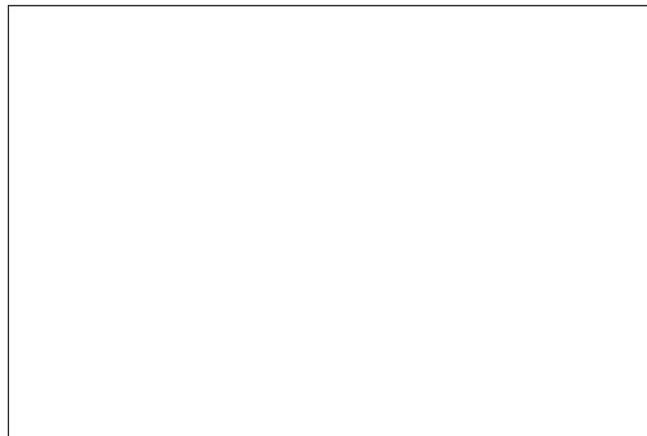
+7 967 079-71-45

+7 915 452-83-92

+7 910 000-55-18

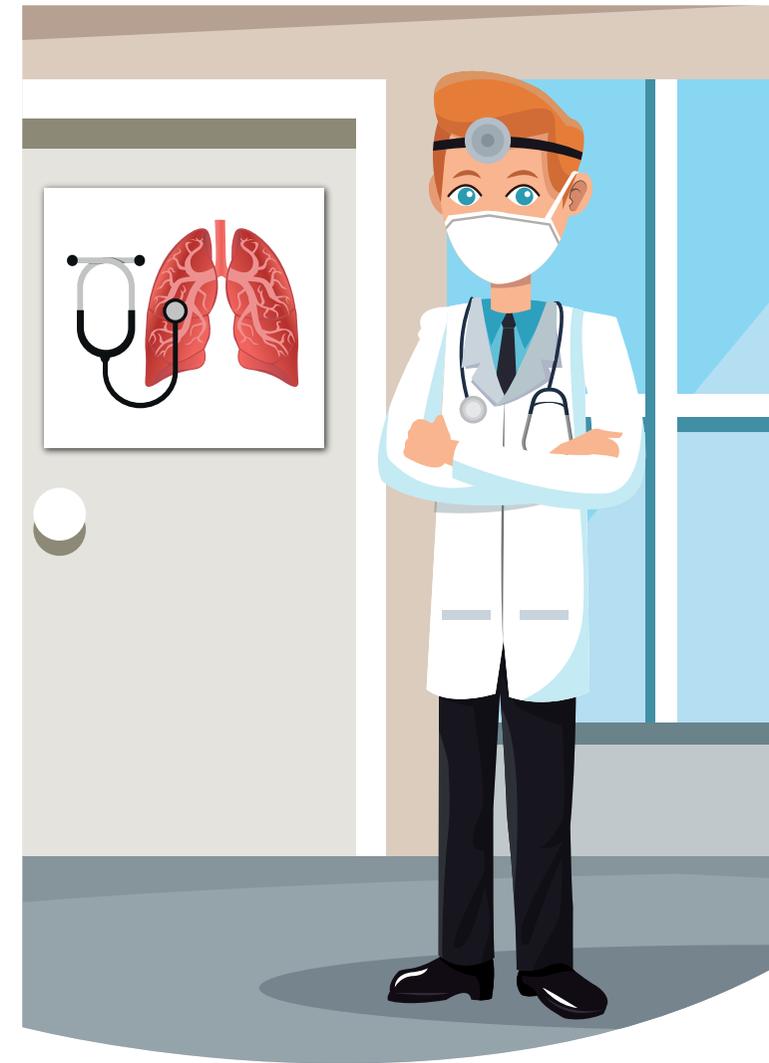
«Step towards Health»

Call the following numbers to ask
questions about accessing medical care
or protecting your health:



WHAT YOU CAN DO TO AVOID GETTING TB:

- Ventilate your room or home frequently, practice regular wet cleaning
- Eat well
- Sleep well
- Avoid smoking and alcohol
- If you have other health conditions, get proper care



WHAT IS TUBERCULOSIS?