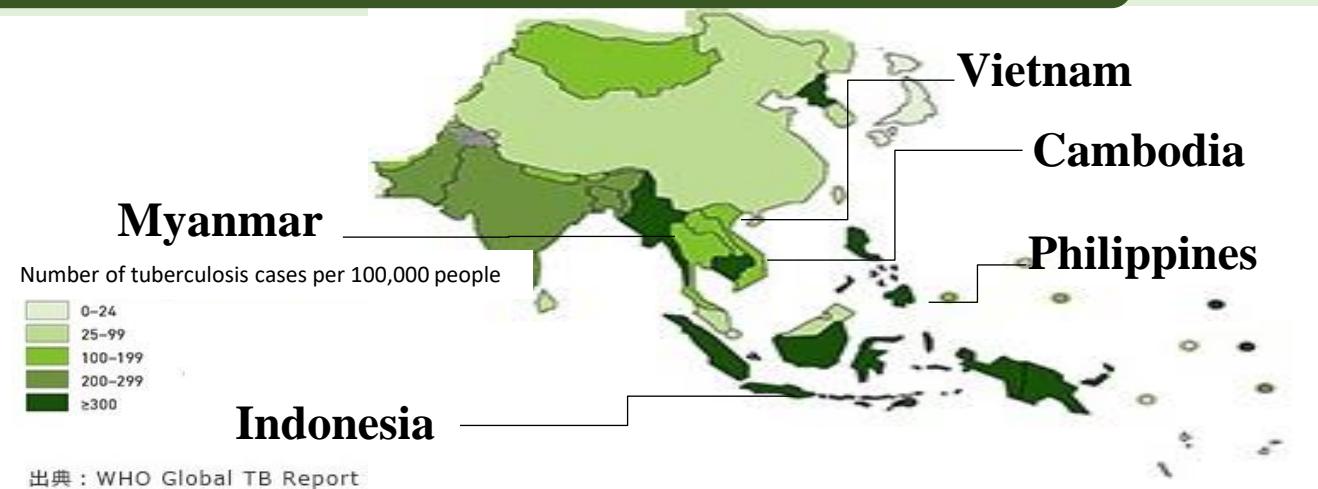


What You Should Know About Tuberculosis

★Leaving your home country and being surrounded by a different language and lifestyle can cause stress. Accumulating stress can lead to a weakened immune system. A weakened immune system increases the risk of developing tuberculosis. Do not push yourself too hard, and when you feel unwell, feel free to consult with the staff from your supervising organization or training center.

The Status of Tuberculosis Patients among foreign-born individuals



✓ Common in Asian countries!

Southeast Asia is a region with a **high prevalence of tuberculosis**, with 100 to 300 patients per 100,000 people.

✓ Common among young people

About **50%** of newly registered foreign tuberculosis patients are aged **20-29**, indicating a high prevalence among younger age groups!

✓ Often develops tuberculosis within a few years after entering Japan

In the younger population under 30, more than half develop the disease within **5** years of entering Japan!

Make sure to get regular health checkups after entering Japan! Early detection and treatment allow you to continue working in Japan.

★Early detection and prompt medical attention are crucial.

★If there is no risk of spreading the infection to others, you can go to work or school while taking medication!

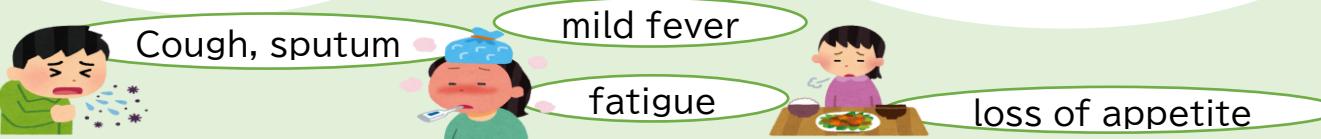
★The public health center will also provide support to people diagnosed with tuberculosis!

What is Tuberculosis (TB) ? Infection

Tuberculosis bacteria enter the lungs and settle in the body.
Non-contagious state



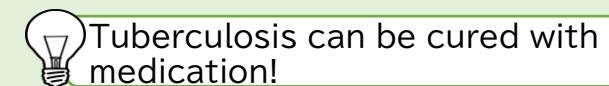
[Main Symptoms]



[Other Symptoms]

Recently, experiencing night sweats, weight loss, etc.
◎As mentioned above, early symptoms are similar to those of a cold, and the characteristic feature is that the symptoms are long-lasting. If these symptoms continue for more than two weeks, you should consult with the staff from your supervising organization or training center.

How is tuberculosis treated?



◎If diagnosed with active tuberculosis, you will need to take multiple medications daily for 6 to 9 months.

※Depending on the condition of the disease and progress, the treatment duration may be extended.

◎It is very important to continue taking the medication every day until the treatment is completed.

About the medical system

◎Regarding the cost of tuberculosis treatment, financial assistance is available from the national and local governments under the Infectious Diseases Control Law.

◎If you find it difficult to understand explanations in Japanese, you can request an interpreter when necessary."

Prevention

- ①Regular Exercise
- ②Adequate Sleep
- ③Balanced Diet
- ④Avoid Smoking
- ⑤Get Regular Health Check-ups at workplace (including chest X-rays)

