

**Tuberculosis (TB)** and **Human Immunodeficiency Virus (HIV)** frequently occur together and are considered coinfections, as TB often presents as an opportunistic infection in people living with HIV whose immune systems are weakened.

TB remains one of the leading preventable causes of death among people living with HIV. People living with HIV are up to 20 times more likely to develop TB.

Preventing TB among people living with HIV can reduce the risk of developing the disease by more than 60%.

**“TB is preventable, detectable, and curable.”**

Because people living with HIV are at nearly 20 times greater risk of developing TB, they should be screened for active TB. When active TB is ruled out, preventive treatment significantly reduces the risk of developing the disease.

## Tuberculosis > Symptoms

TB is an infection caused by the bacterium *Mycobacterium tuberculosis*, which primarily affects the lungs.

The most common symptoms include: persistent cough (sometimes with blood), chest and back pain, fatigue, loss of appetite or weight loss, fever, and night sweats.

**Integrated TB and HIV care saves lives: one visit, one assessment, comprehensive care.**

**All people living with HIV should be regularly tested for TB , and all people diagnosed with TB should be tested for HIV. This helps ensure early detection and timely treatment of both conditions.**

## Tuberculosis > TB Diagnosis

Health facilities can perform quick and simple diagnostic tests, including:

- Rapid molecular test
- Chest X-ray
- Urine LAM test (for people living with HIV who have TB symptoms or a CD4 count below 200 cells/mm<sup>3</sup>)
- TB smear microscopy or culture (less effective than the rapid molecular test)

## Tuberculosis

# > Prevention

For people living with HIV, the preferred TB preventative treatment regimen is the combination of rifapentine and isoniazid, taken once weekly for 12 weeks (3 months).

An alternative option is daily isoniazid for 6 to 9 months (less well tolerated but remains effective).

## Tuberculosis

# > Treatment

- TB is treated with a combination of several medications for a minimum of 6 months.
- It is very important not to interrupt treatment, even if symptoms improve before treatment is completed.
- People living with HIV and TB should also initiate or resume antiretroviral therapy within 2 weeks of starting TB treatment.

# The Role of the Community

Individuals and community organizations play a key role in TB and HIV care by:



## Early detection

- Recognizing signs such as persistent cough, fever, weight loss, or night sweats.
- Referring people with symptoms immediately to a health facility.
- Conducting active case finding in the community, particularly among populations at higher risk (people living with HIV, contacts of TB cases, and vulnerable populations).

## Support and accompaniment

- Visiting people in their homes to provide emotional support and guidance.
- Supporting treatment adherence by reminding patients to take medications, answering questions, and alerting about side effects.
- Coordinating with health services when individuals face barriers to accessing care.
- Supporting directly observed treatment when necessary.
- Promoting regular TB testing.
- Accompanying individuals in initiating or continuing antiretroviral treatment



## Information and stigma reduction

- Reducing stigma through clear and respectful information.
- Creating and establishing support groups for affected individuals and caregivers.
- Providing psychosocial support spaces.
- Strengthening community networks for integrated care and advocating for the rights of people affected by TB and HIV.
- Combating myths and misinformation that generate fear or discrimination.

## Advocacy for rights and access to services

- Advocating for free, accessible, and non-discriminatory TB and HIV services.
- Promoting service integration at the primary health care level.
- Encouraging complementary support (for example, food or financial assistance) when needed to support treatment continuity.



# Key Message



## **Communities save lives.**

When we share information, provide support, and act in solidarity, we can prevent TB, treat HIV, and achieve an undetectable viral load.