

## BHEKISISA TRACKING EMBED CODE



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**Headline:** [WATCH] How to use pills to prevent TB

**Blurb:** New guidelines from the health department say anyone who's had long contact with someone who is sick with tuberculosis can now take preventive pills, to stop them from falling ill too. Here's how it works.

### **Bullets:**

- Tuberculosis (TB) causes more deaths than any other disease in the country.
- To curb its spread, anyone who's had long contact with someone who is sick with TB can now take pills to stop them from falling ill too.
- The drugs can be taken over three, six or twelve months. Here's how it works.

**Byline:** Yolanda Mdzeke, Nicole Ludolph

Tuberculosis (TB) kills more people [than any other disease](#) in South Africa.

But it can be prevented.

How?

One way is to take anti-TB pills if you have a big chance of getting sick with TB.

### **What are TB prevention pills?**

The medicines are antibiotics called [isoniazid](#), [rifapentine](#) and [rifampicin](#).

There are four types of tb courses. The tablets are combined in various ways and taken for different lengths of time.

- For the **3HP** plan, you take one pill of isoniazid and one of rifapentine once a week for three months.
- For the **3HR** plan, you take one pill of isoniazid and one of rifampicin every day for three months.
- For the **6H** plan, you take one pill of isoniazid once a day for six months.
- For the **12H** plan, you take one pill of isoniazid per day for 12 months.

### Who are TB prevention pills for?

[Since 2011](#), anyone with HIV and children younger than five could get the medicine.

But [from this year on](#), anyone who has had “significant exposure” can get the preventive tablets, because there’s a big chance that they can get sick with TB too.

[Significant exposure](#) means someone must have spent a long period in the same space as a person who is sick from TB.

For example sleeping in the same room for at least one night.

### Which course should someone take?

The health department’s guidelines say it’s best to be on the **3HP** plan. That’s because it’s the shortest course available and so people are [more likely](#) to complete it.

3HP is only for adults at the moment.

If someone can’t be put on the 3HP plan, there are other options.

	<b>3HP</b>	<b>3HR</b>	<b>6H</b>	<b>12H</b>
Preferred for all adults	[tick]			
Adults who are HIV negative		[tick]	[tick]	

Adults who are HIV positive				[tick]
HIV-negative children (<25kg)		[tick]	[tick]	
HIV-positive children (<25kg)			[tick]	

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