

# Tuberculosis (TB)

is still present  
in Japan.

# Prevent

# Common respiratory infections

Number of newly registered  
patients with TB (2023)

**10,096**

Estimated death toll (2023)

**1,587**

Seasonal flu

COVID-19

Bacterial pneumonia

Etc.

## For the early detection of TB



If you have a cough or phlegm lasting two weeks or more, or if you experience a persistent mild fever or fatigue, seek medical attention as soon as possible.

## To prevent respiratory infections



Effective infection control measures include good ventilation, hand washing, hand disinfection, and wearing a mask.

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 **MHLW** Ministry of Health,  
Labour and Welfare of Japan

SUPPORT

 Cabinet Agency  
for Infectious Disease Crisis Management

 **MEXT** MINISTRY OF EDUCATION,  
CULTURE, SPORTS,  
SCIENCE AND TECHNOLOGY-JAPAN

The Ministry of Health, Labour and Welfare's website  
about tuberculosis



# Q & A about tuberculosis (TB) and respiratory infections

TB

## Q1 How is TB transmitted?

TB spreads through small droplets containing TB, released into the air when a person with advanced TB coughs or sneezes. Others can get infected by inhaling these small droplets (airborne transmission). Symptoms like a persistent cough, phlegm, mild fever, and fatigue, can be subtle in the early stages, especially in the elderly individuals. If you have a cough or phlegm lasting two weeks or more, or persistent mild fever or fatigue, seek medical attention promptly.

## Q2 What do I need to be cautious about in my daily life?

Regular health checkups, including chest X-rays, are crucial for early detection of TB. Early identification allows effective treatment, reducing the risk of severe illness and preventing the spread to others.

## Q3 Can TB be cured by treatment?

Yes, TB can usually be cured with a course of multiple anti-TB medications over 6 to 9 months. It is crucial to follow your doctor's instructions and complete the full course to avoid drug resistance and ensure effective treatment.

## Q4 What kinds of respiratory infections are there?

Common respiratory infections include diseases such as COVID-19, seasonal flu, RS virus infection, and bacterial pneumonia. They often spread through droplets from coughs or sneezes.

## Q5 How can I prevent respiratory infections?

Effective infection control measures include hand washing and cough etiquette. Wash your hands frequently, especially after being outdoors, before and after cooking, and before eating. Cover your nose and mouth with a mask, tissue, handkerchief, or sleeve when you cough or sneeze.

National immunization programs for COVID-19, seasonal flu, and pneumococcal infections are available for people at higher risk, including the elderly and those with pre-existing medical conditions. Contact your local health department for more details.

Respiratory infections

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