



## Part 1: TB facts and fictions - transcript

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### Myths and misconceptions

TB is a misunderstood and highly stigmatised illness. Many people hold myths or misconceptions about the disease, most commonly that it was eradicated in the UK.

### Sensational headlines

News stories about TB are often sensationalised, using stigmatising language and containing inaccuracies that perpetuate myths about the illness. This can be very damaging – it raises fear around TB which may prevent people from going to a doctor if they have symptoms.

Here are just some of the real headlines that we have seen published in the UK - albeit shown here in fake newspapers. See if you can spot the unhelpful themes and language.

### TB is a death sentence!

Actually, effective drugs for TB exist. Although many people die as a result of TB each year globally, this is very often due to a lack of access to treatment.

### TB is a disease of the past

Though many people associate TB with a bygone era, millions fall ill with TB globally each year – around 5,500 of them in the UK.

### People need to be quarantined

Though TB is an airborne infection, like the common cold, it is actually relatively difficult to catch. 'Quarantine' is not usually necessary.

### Only poor people get TB

Anyone can be affected by TB, though lifestyle factors such as stress, poor nutrition or substance misuse can make you more vulnerable.

Did you share any of these misconceptions about TB? Don't worry, we will be busting some myths and misconceptions about TB throughout the course.

As with any health condition, accurate information delivered by trusted sources is key!