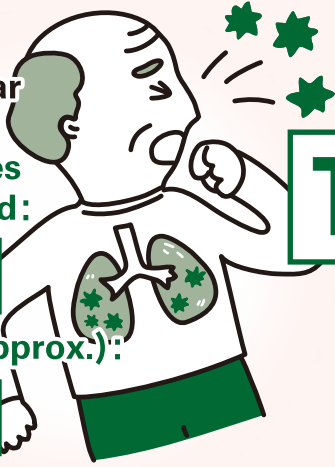


In One Year
(2025),
New Cases
Registered:

9,899

Deaths(approx.):

1,474



Tuberculosis

Still Exists in Japan Today

Most newly registered TB patients
are older adults, with about 60%
age 60 or over.

Early

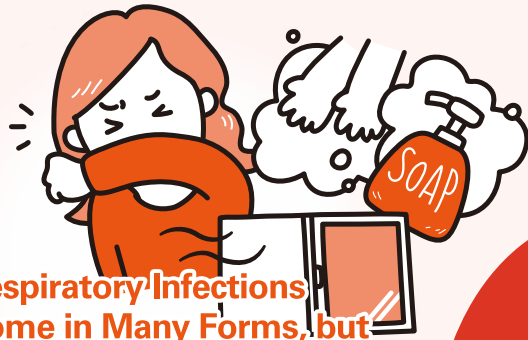
Detection,

Early

Diagnosis

for the Right Treatment!

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.

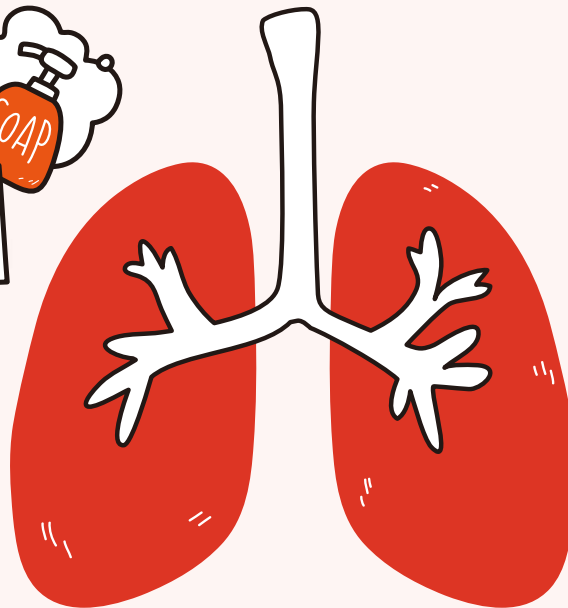


Respiratory Infections
Come in Many Forms, but

Basic Precautions

Are Effective

Respiratory infections, including
influenza, COVID-19, and bacterial
pneumonia, can often be prevented
with basic precautions: handwashing,
ventilation, and cough etiquette.



Know the Facts About

Respiratory Infections

Nontuberculous

Mycobacterial

(NTM)

Disease

Causes a Range of Symptoms

NTM disease can cause a range of
symptoms, such as persistent cough,
phlegm, fever, fatigue, and weight loss.
Unlike TB, it does not normally spread
person to person.



Persistent Cough? Think

NTM Disease

Visit a

Respiratory

Medicine Clinic

Near You

Diagnosis and treatment can take time,
so if symptoms persist, seek care early.



ORGANIZER



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

Tuberculosis



Acute Respiratory
Infection (ARI)



NTM disease



※NTM(nontuberculous mycobacteria)

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.

Q6 What is NTM disease?

Bacteria naturally present in soil, water, and places like bathrooms can enter the lungs or other organs and slowly cause inflammation. Unlike TB, it does not normally spread person to person. It can cause respiratory symptoms such as persistent cough, phlegm, and shortness of breath, as well as systemic symptoms such as low-grade fever and weight loss.

Q7 Why does early diagnosis matter?

NTM disease progresses slowly, but prolonged infection can gradually damage the lungs. Early diagnosis lets you understand your condition and begin treatment or monitoring as needed. If cough, phlegm, or shortness of breath persists, see a doctor promptly, ideally at a respiratory medicine clinic or similar.

