

[DH participates in forum on co-operation in control of severe respiratory diseases co-ordinated by Chinese Anti-tuberculosis Association \(with photo\)](#)

The Department of Health (DH) today (December 19) participated in a forum co-ordinated by the Chinese Anti-tuberculosis Association on co-operation in control of severe respiratory diseases held via video conferencing to exchange with academics on strategies in prevention and control of tuberculosis (TB).

Today's forum brought together experts from medical and health sectors on TB from Beijing, Shanghai, Fujian Province, Guangdong Province, Hong Kong, Macao and Zhuhai, etc. The Director of Health, Dr Ronald Lam, attended the opening session of the forum, and spoke on topics including strategies in the prevention and control of TB, its treatment and an overview of TB in Hong Kong.

Through this forum, Dr Lam looked forward to deeper exchanges and discussions as well as sharing of scientific research achievements and data on the prevention and control of TB alongside the challenges posed by COVID-19, so as to further strengthen and improve the foundation and platform for co-operation.

TB is an airborne disease. When a TB patient coughs or sneezes, small droplets containing the tubercle bacilli are generated and spread in the air. If another person breathes in these small airborne droplets, he or she may be infected with the germ. Prolonged exposure, however, is usually the most important condition for the disease to be effectively transmitted.

Members of the public should maintain continued vigilance against TB and adopt a healthy lifestyle with a balanced diet, avoid smoking and alcohol, and have suitable exercise and adequate rest. If symptoms develop, such as persistent cough, blood in sputum, weight loss, fever and night sweating, they should seek prompt medical advice. If diagnosed as having TB, a patient should observe respiratory hygiene and cough etiquette, and receive TB treatment under supervision. For more TB-related information, services and figures, the public may also visit the [website of the Tuberculosis and Chest Service](#) or call the telephone hotline (2572 6024).

