

Tuberculosis (TB) is still a health concern both globally and in Japan



It is estimated that approximately one in four people worldwide are infected with the bacteria that cause tuberculosis (TB), and many people go on to develop the disease each year. In Japan, more than 10,000 people are diagnosed with TB annually, making it one of the country's major infectious diseases. In Fukuoka City, 145 people were diagnosed with TB in 2025, approximately one in four of whom were foreign nationals. Tuberculosis is a curable disease when detected and treated early. Learn the facts about TB and help protect your own health and the health of those around you.

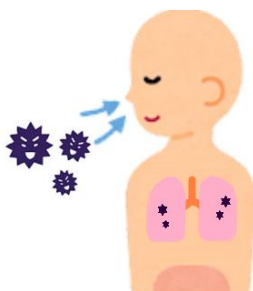
Main TB symptoms



Tuberculosis (TB) is a disease caused by TB bacteria, which mainly cause inflammation in the lungs. It often starts with symptoms similar to those of a common cold. If you have a cough, phlegm, a mild fever or feel unusually tired for two weeks or more, see a doctor as soon as possible.

How TB spreads

When you breathe in TB bacteria released into the air when a person with active TB coughs or sneezes, the bacteria can enter deep into your lungs, causing infection. Even if you become infected, a strong immune system can contain the TB bacteria in your body, preventing you from developing TB.



However, if your immune system becomes weakened, the TB bacteria that have been contained in your body may become active, causing you to develop TB.

As the disease gradually progresses, TB bacteria can be released when the person coughs or sneezes, making the infection transmissible to others. If you are infected but have not developed TB, or if you are in the early stages of the disease, you do not spread TB to others.

Can TB be cured?

Even if you develop TB, it can be cured by taking your medication every day as prescribed by your doctor. Treatment generally lasts for 6 to 9 months.

The cost of TB treatment may be covered by public funding.

In Japan, people who are infected with TB bacteria but have not developed TB are recommended to take preventive medication to reduce the risk of developing TB in the future.



Prevention & early detection

If you have any symptoms, see a doctor as soon as possible.

If you are told that an abnormality has been found during a health check-up, seek medical attention promptly.

Delaying medical attention may increase the risk of spreading TB to others. Even if you have no symptoms, have a chest X-ray once a year.

Maintaining a healthy lifestyle helps strengthen your immune system and reduce the risk of developing TB. Make sure to get regular exercise, enough sleep and a balanced diet.

