

JUNE 2021

# #UseMyVoice to #EndTB Social Media Report



TB Proof is a South African based non-governmental organisation which was established in 2012, by health workers, who had developed occupational TB, as well as students, who were passionate about TB prevention.

We strive towards a TB Proof world and aim to achieve this through combining stories and science. Our initial focus was on preventing the spread of TB in healthcare facilities through advocacy and education. Since then, we have expanded our advocacy efforts to include access to new treatment options, empowering community health workers and addressing stigma.

Through involving communities affected by TB and using the latest research, we advocate for high quality TB prevention and care.

As part of our #UseMyVoice to #EndTB project, TB Proof utilised our social media platforms to raise awareness about TB stigma as well as to educate the public on stigma. We also asked TB survivors to share their stories of experiencing TB stigma with us.

**Stop TB Partnership**



Combining stories and science to  
make the world TB Proof.

Our top three posts for 2020/2021 are:  
**Facebook**

**TB PROOF** is with Jennifer Henry and Lara Berry.  
 March 20 at 1:00 PM · 🌐

I am a physiotherapist, originally from Durban, living in Cape Town. In January 2017 at the age of 25, I started having hearing loss and chronic ear infections in my left ear, and what followed was seeing 4 different ear specialists, taking several courses of antibiotics and undergoing a series of minor surgeries to try and diagnose the problem. After two years of trial and error, the fifth ENT in Pretoria performed a 3 and a half hour operation where a biopsy was taken from ...  
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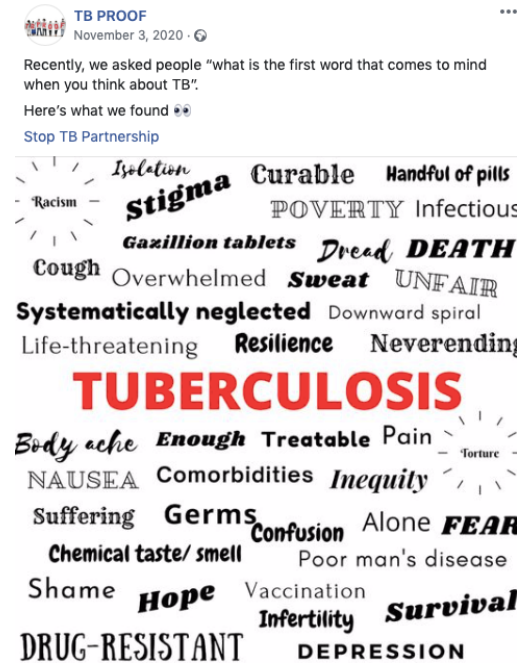
Click [here](#) to read Lara's story

**TB PROOF**  
 March 16 at 3:04 PM · 🌐

"It all began in the year 2017. It was August and the season was beginning to change. I woke up one day feeling fluish so as usual I went to the doctor and he prescribed antibiotics. I felt better for a little while until I started feeling sick again. I went to a different doctor this time and she said it's probably because it's a change of season and she prescribed me with antibiotics. Again, I felt better for a little while, but I never actually felt 100%. I was experiencin...  
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Click [here](#) to read Thato's story



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**Instagram**



Click [here](#) to watch Dr von Delft talk about stigmatising language



Click [here](#) to watch TB survivors, Phumeza Tisile and Zolelwa Sifumba share about the stigma that they experienced



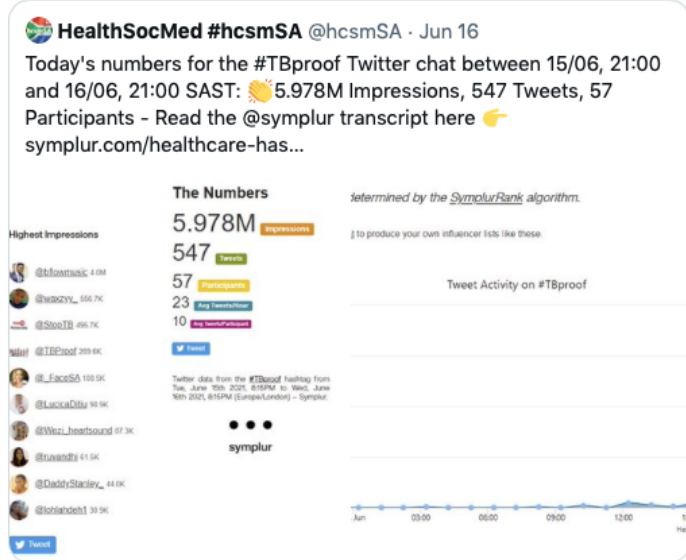
Click [here](#) to watch Brittany Smith, TB survivor as she explains what secondary stigma is

# Twitter



**TBProof** @TBProof · Jun 16

5.98 Million impressions so far  
Thank you to our panelists and everyone who joined our [#TBproof](#) Twitter chat tonight!  
It was a huge success!  
[@LucicaDitiu](#) [@nishantachavan](#) [@MalarJames](#) [@ruvandhi](#) [@bflowmusic](#)  
[@reniercoetzee](#) [@Ptisile](#) [@NjugunaMakau\\_](#) [@rigbinoba](#) [@findingsau](#)  
[@HollandMohr](#)



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**TBProof** @TBProof · Jun 3

In this video, [@zihle43](#) (Zihle Mbopa) shares more about enacted or experienced stigma as well the stigma she faced while on TB treatment. [#UseMyVoice](#) to [#EndTB](#) [#tbproof](#)



Zihle Mbopa, TB Survivor and Activist  
In this video, Zihle shares more about enacted or experienced stigma as well the stigma she faced ...  
[@youtube.com](#)

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**TBProof** @TBProof · Nov 18, 2020

TB Proof held its first [#UseMyVoice](#) Internal training, a project supported by [@StopTB](#). Empowering community health workers to de-stigmatize TB care in South Africa. [#EndTB](#) [#CHW](#) [@MalarJames](#) [@viorelsoltan](#) [@ricarda\\_steele](#) [@sreenivas\\_nair](#)



Goodman Makanda and 3 others

Click [here](#) to read more

For any questions, kindly contact Wieda Human, TB Proof's Media liason at [wieda@tbproof.org](mailto:wieda@tbproof.org).