

THINK FUNGUS AND STAY CLEAR OF DOUBLE TROUBLE!

Serious fungal diseases can occur together with other illnesses and can be mistaken for, or masked by these illnesses

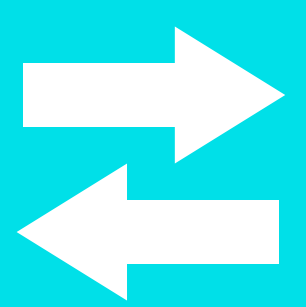
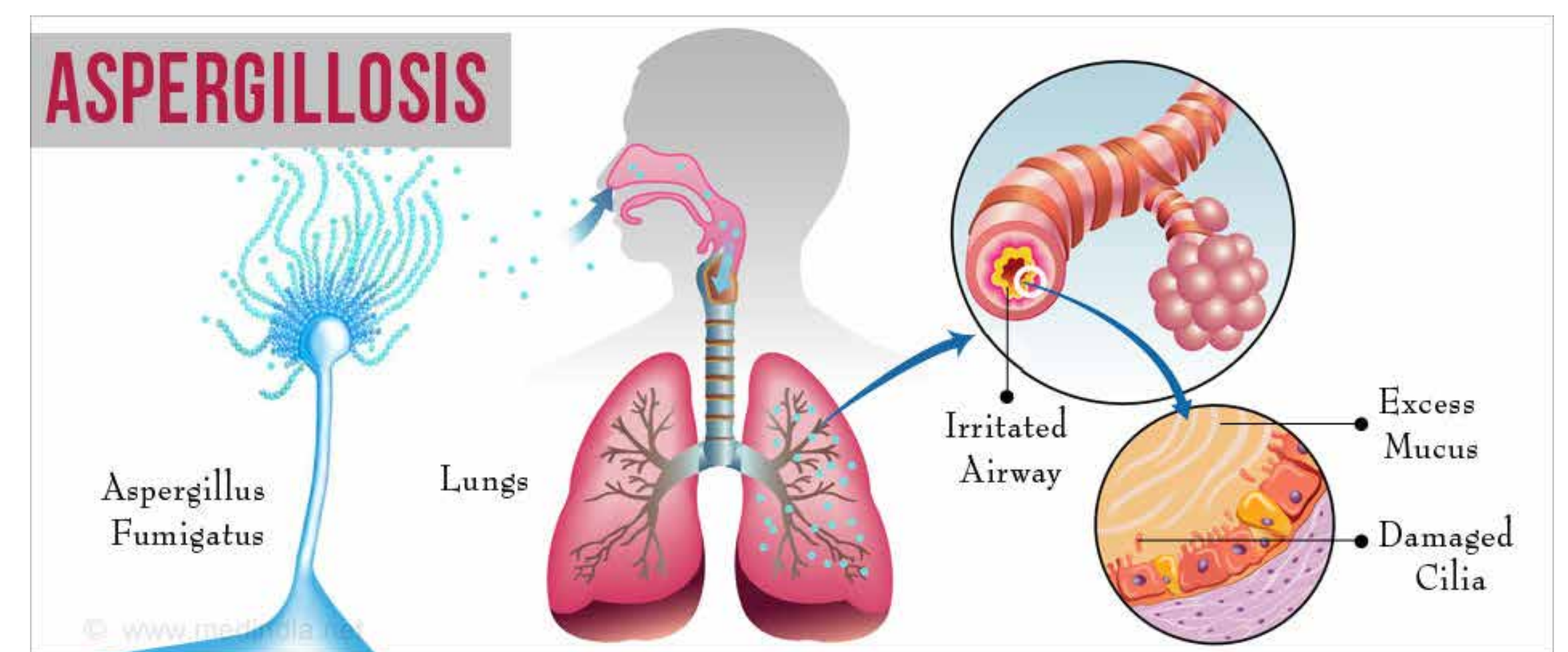


ASPERGILLOSIS



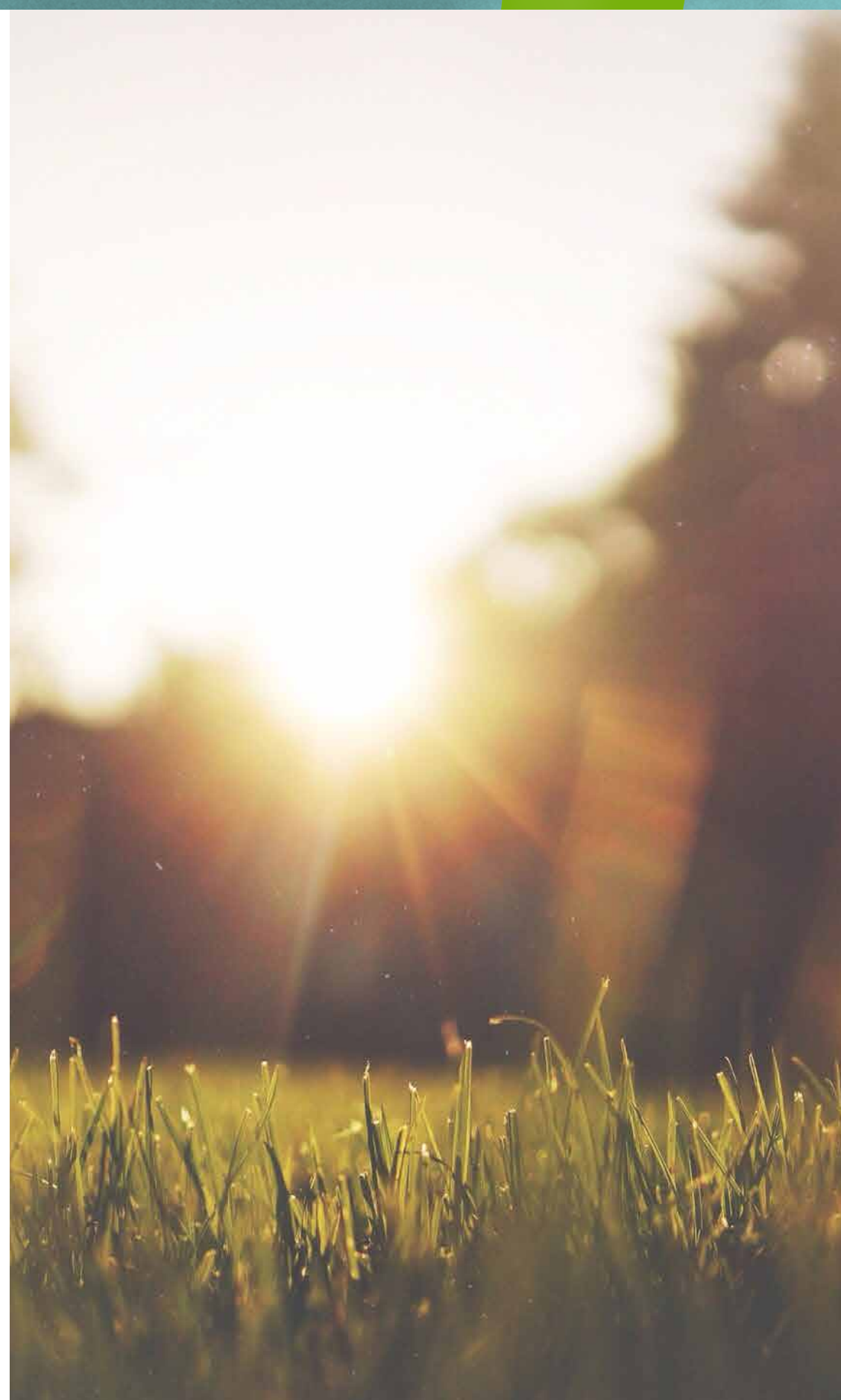
WHAT IS ASPERGILLOSIS?

- ▶ Aspergillosis is a fungal disease caused by a type of mould, commonly *Aspergillus fumigatus*
- ▶ Symptoms include cough, fever, shortness of breath, stuffiness, chest pain, headache, weight loss, and fatigue.
- ▶ There are multiple forms of aspergillosis including: allergic *Aspergillus* sinusitis, allergic bronchopulmonary aspergillosis (ABPA), invasive aspergillosis, chronic pulmonary aspergillosis



HOW DO I GET ASPERGILLOSIS?

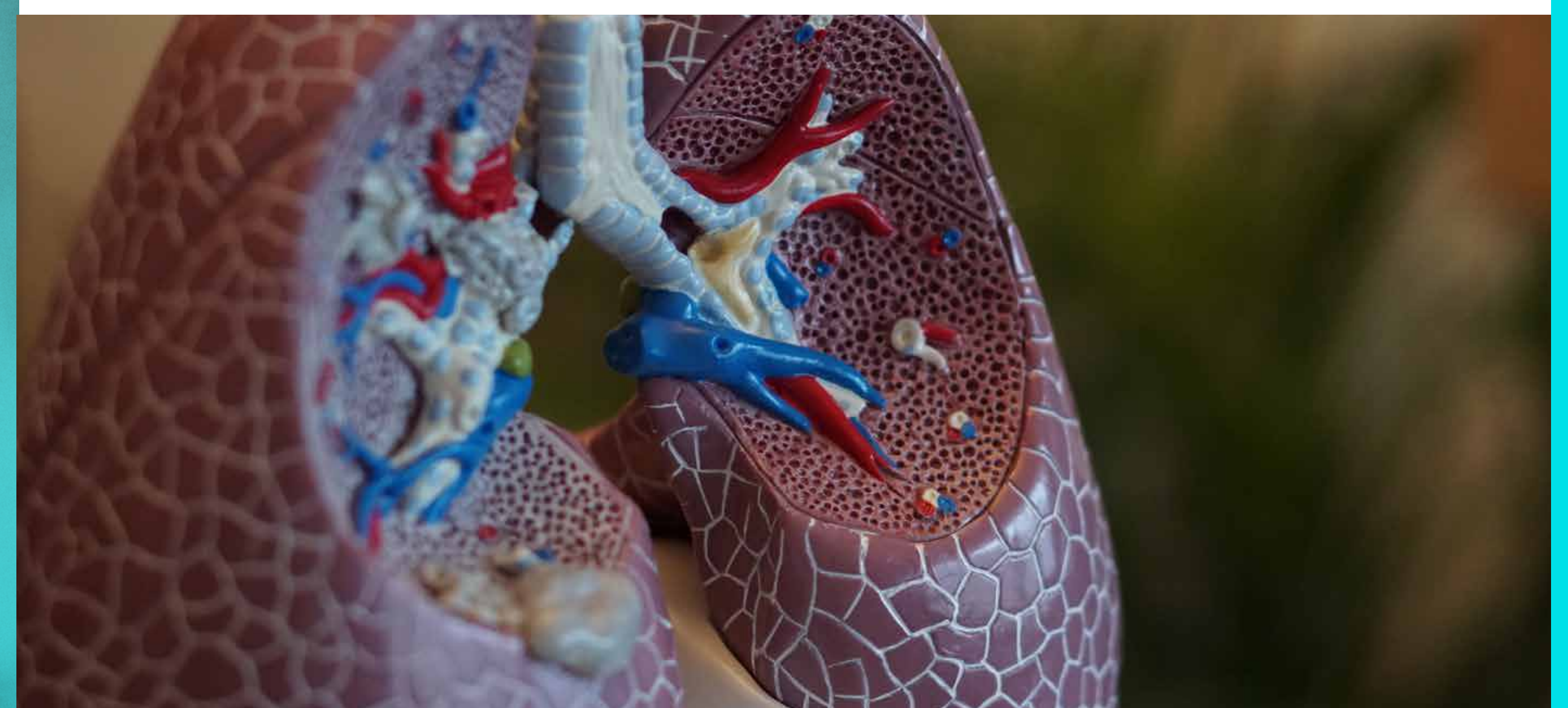
- ▶ This mould can grow both outdoors and indoors
- ▶ People can get aspergillosis by breathing in very tiny *Aspergillus* spores from the environment
- ▶ People with weak immune systems are at a greater risk for developing the invasive forms of aspergillosis
- ▶ *Aspergillus* does not spread between people



WHO IS AT RISK OF ASPERGILLOSIS?

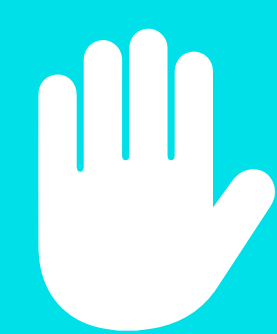
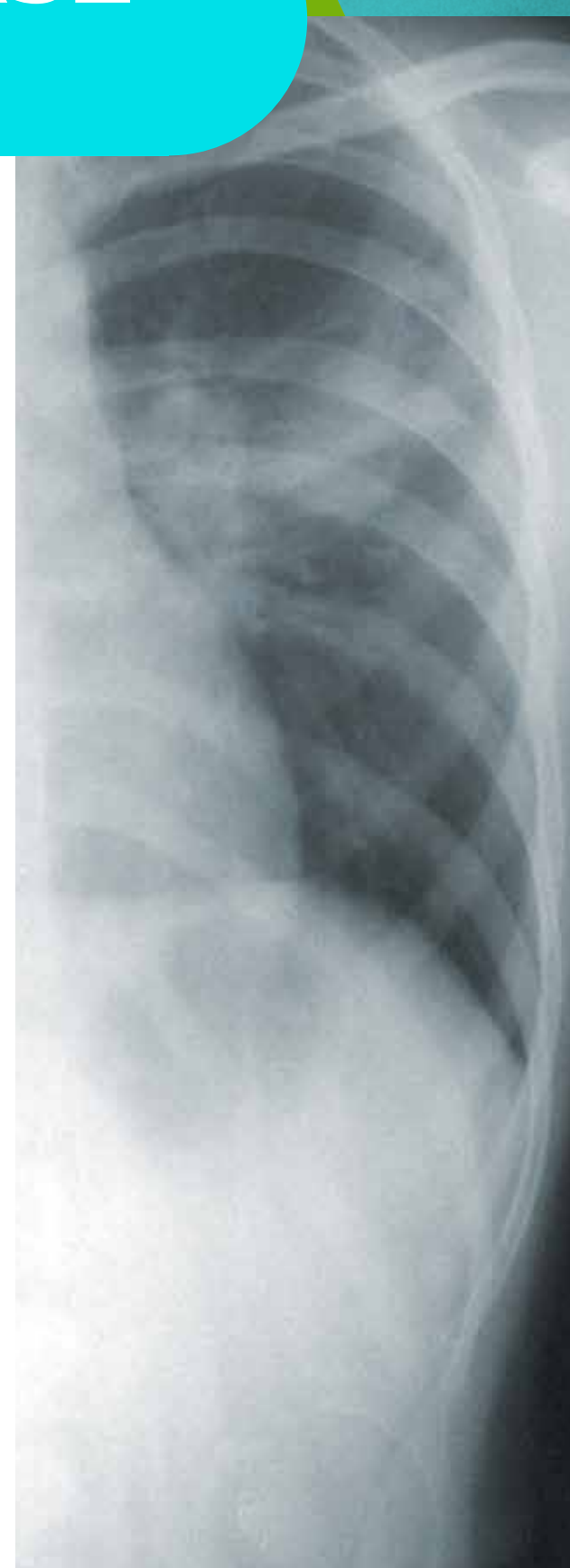
People who have:

- ▶ Lung diseases such as cystic fibrosis, asthma, tuberculosis, and chronic obstructive pulmonary disease (COPD)
- ▶ Weakened immune systems such as people living with HIV/AIDS, stem cell transplants or organ transplants, receiving chemotherapy for cancer, taking high doses of corticosteroids, and hospitalised patients with severe influenza or COVID-19



HOW IS ASPERGILLOSIS DISEASE DIAGNOSED AND TREATED?

- ▶ Difficult to diagnose as symptoms are similar to other diseases. For instance chronic aspergillosis may be misdiagnosed as pulmonary TB due to overlapping symptoms, similar X-Ray findings and similar clinical signs.
- ▶ Diagnosed through skin and blood tests, chest x-rays, sputum cultures, and biopsy, depending on the type of illness
- ▶ Treated with oral corticosteroids, antifungal drugs, and surgery, depending on the type of illness



HOW CAN ASPERGILLOSIS BE PREVENTED?

- ▶ Avoid mould exposure if you have risk factors for invasive disease
- ▶ Avoid construction sites, compost piles, gardening, and lawn mowing
- ▶ Wear a face mask or N95 mask during excessive exposure