



Labrador - Grenfell
Health

**You can get more information
about TB from the following:**

- Local Public Health Nurse
- Community Clinic Nurse
- Communicable Disease Control Nurse
- Your Family or Community Doctor
- Your Infection Control Practitioner



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Health

All You Need to Know About TB

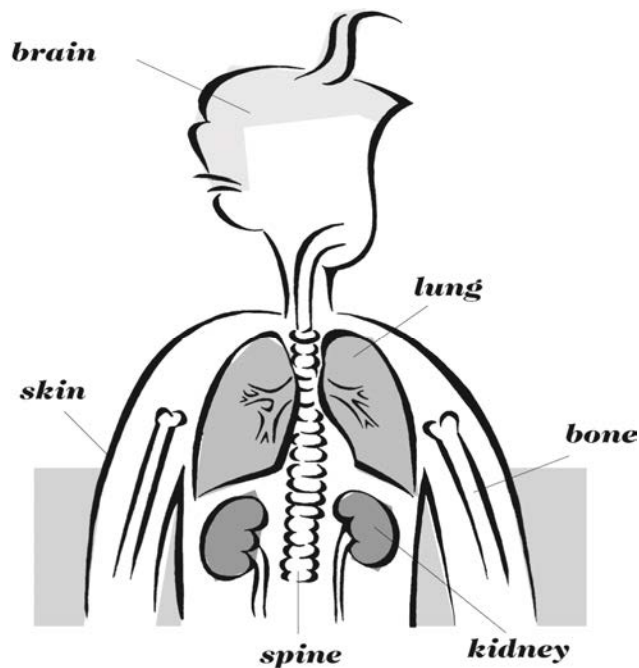


May 2015

INTRODUCTION

Tuberculosis (TB) is not new. It is a serious disease all over the world. Learning about TB will help a person know what to do to stay healthy.

What is TB?



- Tuberculosis (TB) is a disease caused by a germ. The germ is too small to see.
- The germ goes to the lungs first, but can also go to many other parts of the body.

Notes:

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Stay healthy and help prevent TB by:



Eat healthy foods



Get a good night's sleep



Wash hands often and use a tissue when coughing or sneezing

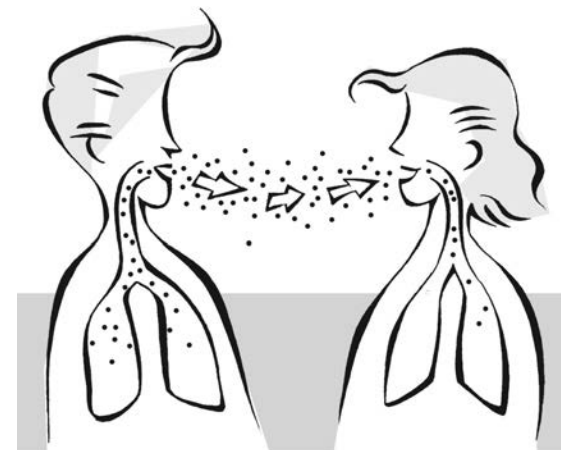


Look after your health

- Open windows for fresh air
- Stay physically active
- Avoid drugs
- Avoid alcohol
- If you smoke, think of quitting
- See a doctor or nurse about TB testing
- See a doctor or nurse if you are not feeling well



How does a person get TB?



- A person with TB in his/her lungs coughs or sneezes.
- The germs are now in the air.
- The other person can breathe the TB germs into his/her lungs.

How infectious is TB?

A person can get TB by being close to someone for a long time who has TB in his/her lungs and is coughing.

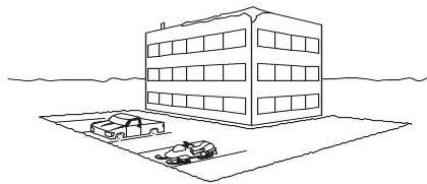
Examples: At home, at the cabin or at work



At home

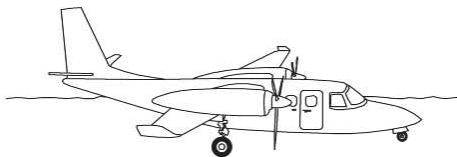


At the cabin



At work

- A person will probably not get TB if he/she is with someone for a small amount of time who has TB in his/her lung and is coughing.



On a plane



On a bus

- If a person stops taking the medicine too soon, he/she will get sick again. Then the germs may become stronger and the medicine may not work.

TB Medicine:

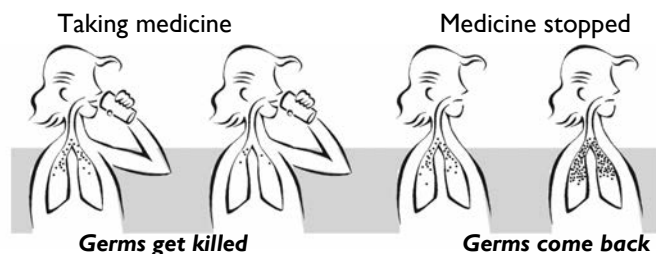
- When a person is taking TB medicine, it is important to go to the Doctor's appointments and see the Public Health Nurse regularly.
- The Public Health Nurse gets the TB medicine from the local Health Department. A person does not pay for it.
- While you are on TB medicine, the Public Health Nurse will check how you are feeling and check your blood. If you are being treated for TB disease, you will get another x-ray on your chest to check that you are getting better.



Is there a cure for TB disease?



- TB can be cured by taking medicine for 6 to 12 months to kill the TB germs.
- You may have to stay in hospital for a short time if you are not well, or you may get treated at home.
- The public health nurse will talk with you about who you have been in contact with, so they can be checked for TB infection.
- Once you are feeling better and no longer infectious (usually 2 weeks), you can go home.
- You can visit family and friends, go hunting and go back to work or school.
- The medicine must be taken exactly as the Doctor says.



Who can have a Tuberculin Skin Test?



A Tuberculin skin test is safe and can be given to:

- Babies
- Children
- Adults, including pregnant women

BCG Vaccination

- You may have been vaccinated against TB as a child. This is no longer done in this province.
- BCG does not give complete or lasting protection against TB. It is important to have a Tuberculin skin test to show if TB infection is present.

Who should not have a Tuberculin Skin Test?

- A person should not have a tuberculin skin test if he/she:
 - Had a large bump on a previous test
 - Had the tuberculosis disease
 - Had a blister caused by a Tuberculin skin test
 - Was very sick in the past month
 - Had a vaccination in the past month

How does a person know if he/she has TB infection?

1) Have a Tuberculin Skin Test

- This test shows if a person has ever breathed in the TB germs.
- A nurse or a doctor puts a small amount of fluid under the skin of the arm.

2) After two days, a nurse or doctor will look at the arm.

- If a bump is there, it is measured with a ruler. If the bump is large, it means a person has TB germs in his/her body.



How does a person know if he/she has TB disease?

A person may:



If TB is in the lung, a person may:

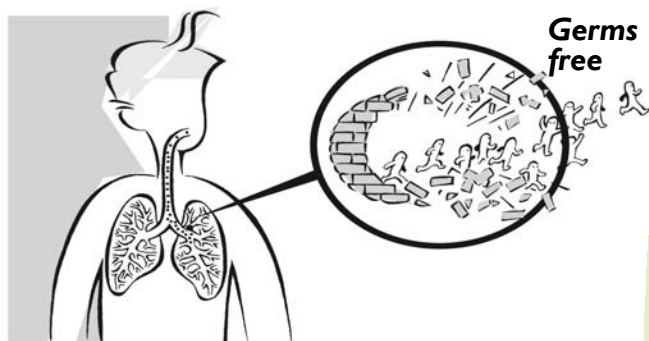
Have a pain when coughing

Cough a lot

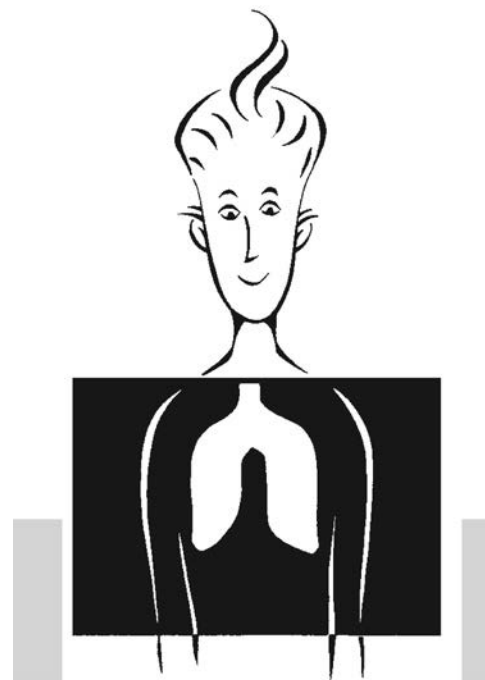


Cough up blood

What is TB Disease?



- When TB infection is not treated, the wall breaks open and the germs get out, causing TB disease.
- Some reasons why the wall breaks open:
 - Not eating nutritious food
 - Other conditions where the immune system is weak such as cancer, diabetes, HIV/AIDS
 - Drug and alcohol use
 - Young or old age
- One in 10 people infected with the TB germ will get TB disease during their life
- With TB disease:
 - The germs are growing and creating more germs
 - The person is sick
 - The person can give the germs to other people, especially close family and friends



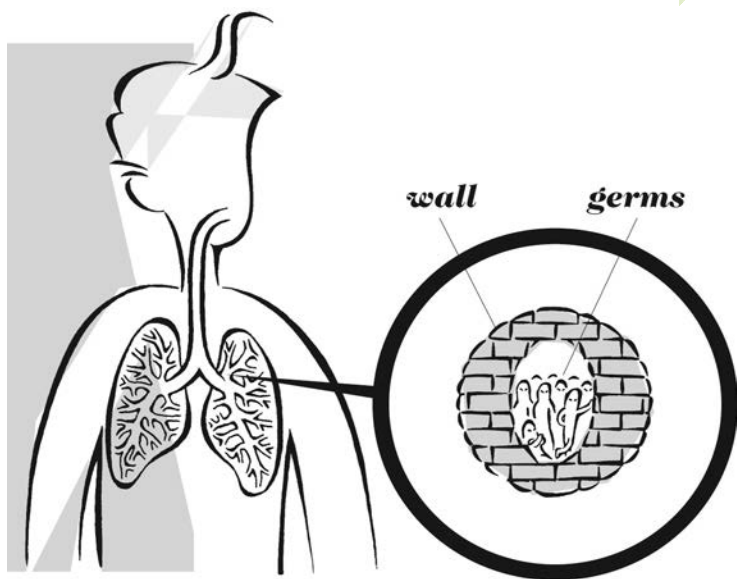
- 3) If there is a large bump on the arm, the person goes to a doctor and has a chest x-ray.
- The person also gives 3 sputum samples to look for TB germs.
 - If the chest x-ray is (negative), the bump on the arm means the person has TB infection – the germs with a wall around them.
 - If sputum samples show no TB germs it means the person has TB infection – the germs have a wall around them.

What is TB Infection?

- The person's body (immune system) builds a wall around the germs.

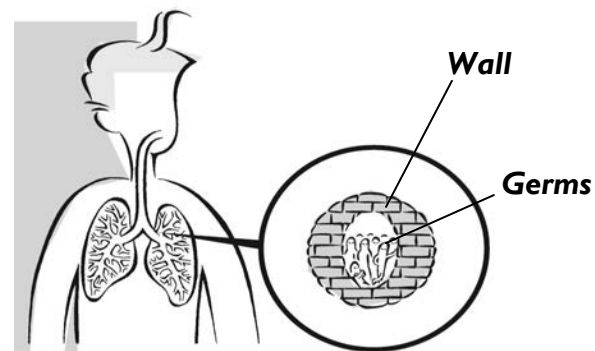
With TB Infection:

- The germs are not growing
- The person does not feel sick
- The person cannot give the germs to other people.
- They are not infectious



Is there treatment for TB Infection?

- TB infection can be treated by taking medicine.
- The medicine must be taken for 6 to 12 months.



- Taking medicine kills the germs inside the wall before the person is sick

