Appendix E – TB Fact Sheets

- Home Isolation Guidelines
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- TB Medication – Pyrazinamide
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- Tuberculin Skin Test (TST)
- Tuberculosis (TB)
- Tuberculosis (TB) and Smoking
- Tuberculosis (TB) Surveillance
- What to expect if you are a TB Contact
- Window Period Prophylaxis (WPP)

FACT SHEET

Home Isolation Guidelines

There are times when clients who have active TB have to stay in their home until their medications start to work and they are no longer spreading the TB germs. During that time, there are rules that have to be followed in the home to keep everyone safe from the TB germs.

During home isolation:

- Your Community Health Nurse (CHN) will ask you questions about people you have been in contact with – this is called "contact tracing." Contacts will be asked to come in for testing, but this information is confidential;
- A person on home isolation must not travel outside of their home community without prior approval from the Medical Officer of Health (MOH);
- A person on home isolation must not go to work, school or any other public indoor places (e.g., churches, stores, arena, gym, community centers, etc.);
- No visitors should be allowed in the home;
- A person on home isolation should wear a surgical/procedure type mask (see below) during health care provider visits to his/her home for medication administration;
- Health care providers must wear disposable N95 particulate respirators (see below) while in the home of the person on isolation; and

Unless contraindicated for other reasons, it is usually safe for clients on home isolation to spend time outdoors. Masking is not necessary while clients are outside, however they should cover their mouths when coughing and sneezing, and not spend time in close proximity to others.

Surgical / procedure type mask	Disposable N95 particulate respirator
Capture droplet nuclei to reduce release into the surrounding airspace	**Filter** droplet nuclei to prevent inhalation
To be worn by clients with known or suspected infectious active TB	To be worn by health care providers and others during exposures to clients with known or suspected infectious active TB

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Kaujititsiutik

Angiggami Immigoliganik Malittaugialet

Kangaulimmat kamagijaujut sakKiviusimajut TB-mut angigamegiaKalet ejangit âkKigiasikKâtingagit siammatitsigunaitillugit TB Kanimmasinginik. Taitsumani, maligatsaKavuk malittaugialinnik angiggami ilonanginik kamatsiagasuagiamut aittuigasuangimut asiminut TB Kanimmasinginik.

Angiggami immigolinganik:

- Paitsijet apitsulâkKâtit kinakkuneKattasimanmangâppit – tânna taijaujuk “kinakkunik katingaKatiKasimannimangâppit.” kinakkojut KaiKujaulâkKut Kaujisataugasuamut, taimaigaluatilugu Kaujisataujuk siamatitauniangituk;
- kinatuinnak angiggami immigolingajuk aullagiaKangilak silatânut angiggaminit angitausimakKâgani ânniasiutimut;
- kinatuinak angiggami immigolingajuk suliaKapviliagiaKangilak, iliniavimmut unuttunullonet aiviusonut (sollu: katimavet, niuvipvet, pinguavet, nunalet aivinginut, taimaittugalannut);
- PulâgiattuKagiaKangilak angigganut;
- Angiggami immigolingatitaujuk atutjutsak Kanimmik sautisimatisijumik (takutsak atjinguak aippangani pâginammi) taitsumani paitsijik Kaippat ejattutitsigiattutillugu;
- Paitsijet atugiaKavut igitausonik anitigegutinnik (N95)-imik anitigegutinnik illunganelluni immigolingatitaujop;

kisianilu ungumautiKalluni asinginnut, Kanuijutsaungilak paigijaujut silamesongugiamut. Kanimmiutakkangikaluaguni silamegiamut, tâvatuak Kanimminik matutsisimajutsat Kituligutik Kâtsikeligutillu, Kaniluatlatunejutsaungituk asinginnut.

Pilattuinimmi/kamannimilu Kanimmiutak	Anittiginnimi matutsimautet (N95)
NukKatitsisok asingita anittigisonginnik	NukKatitsisot niugiannimi
Atujaugialik kamagijaujunut Kaujimajanut aittunattuKagasugijaujunut TB-mik.	Atujaugialik paitsijinut asinginnulu kamannimini Kaujimajanut aittunattuKa-gasugijaujunik TB-mik

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FACT SHEET

Keep your Family & Friends Safe from TB

You have TB. TB germs can pass through the air when you cough, laugh, sing, or sneeze. Here is what you can do to help keep your family and friends safe from TB.

Why am I being asked so many questions?

TB germs might have passed to some of the people you spent time with before you started TB treatment.

You might be asked: "How long have you been coughing? Where did you spend time when you were feeling sick and coughing?" The answers to these questions help your healthcare provider decide which of your family and friends need to be tested for TB. By answering these questions, you are helping to keep others safe from TB.

Information you share with your healthcare provider is kept confidential.

Why is it important to test my family and friends for TB?

There is medicine to stop TB germs from causing TB. If any of your family or friends has TB germs, they need to assessed for treatment as soon as possible.

What will happen next?

The people you spend the most time with will be asked to come for TB testing. They will not be told that you have TB. Your healthcare provider will do everything he or she can to protect your privacy.

Who should be tested for TB?

Your healthcare provider will decide who needs to be tested. Usually, the people you live with and the people you spend the most time with away from home will need to be tested.
Children under 5 years of age and anyone who has been coughing for more than 3 weeks must be tested right away.

What can I do?

- Take your TB treatment
- Follow directions from your healthcare provider about home isolation
- Tell your healthcare provider about:
  - People in your household
  - People you visit with often (e.g., for card games)
  - Children that you spend time with
  - Anyone you spend time with who is sick with a cough
  - Places where you spend time (e.g., hangouts, homes of family and friends)

Smoking tobacco or marijuana can increase the risk of spreading TB germs. It is very important to tell your healthcare provider who you smoke with so those people can get tested for TB.

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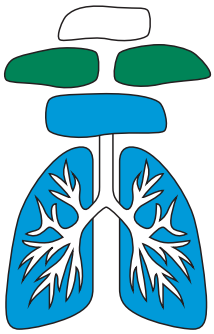

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Kaujititsiutik

Ilatit Ilannâtillu Tepemik (TB) Pitâttailitilaukkit

TepeKavutit. Tepep Kumakulungit siammasot Kuittuguvit, ijuguvit, tutsiagalaguvit, hâtsikeguvillonet. Imâk pigunnaKutit ikajugasuamut ilatit, ilannâtillu Tepemik (TB) pitâttailitigiangit.

Summat unuttualunnik apitsotinik apitsutaulikKingâ?

Tepep Kumakulungit immaKâ siammasimajuit inunnik ilaKagalaniagavit Tepemut ejattomaliaKikKânak.

ImmaKâ apigijaugajakKutit: “Kanuk akuniutigijumik KuittuKattasimalikKen? NanegalaKattalaukKen ippinialiaKikKânak KanimakKoninnik, Kuittudlutillu? kiugusigijatillu tamakkununga apitsotinut ikajugunnalâkKut ânniasiutigijannik kajusiutiKaKullugu nallenik ilagijannik, ilannâgijannilu kamajutsaumangâta TepeKammangâta. Tamakkua apitsotet kiugunni, ikajugivutit asigijatit Tepettâtailitigiangit

Tamakkua uKausigijatit ânniasiutinnut Kaujititsiutigillugit siammatitaulângimagittuit

Summat ikKanattovâ kamagijautigiangit ilakka, ilannâkalu TepeKammangâta?

EjatsaKavuk nukKatitsigunnatunik Tepep Kumakulungit Tepettâtailititsigianginnut. Nalletuinnak ilatit, ilannâtillu Tepep Kumakulunginnik pitaKappata, tapvainak kamagijaugialet ejatsatâlugillu.

Kanuk pijuKanialillune kingullimik?

Inuit ilagisimajatit ilonnâtigugalak apigijaugajattuit KaikKulugit kamagijaugiattuKullugit TepeKamangâta. UKautijaunialungituillu TepeKajutit. Ânniasiutigijait angutiugaluaguni/annaugaluaguni pigunnausimmitut kamatsiagasuagajattuk paitsisiagasuagiamik pilukattautailigiaKannigijannik.

kinakkut kamagijaujutsauvâ TepeKamangâta?

Ânniasiutigijait kajusiutiKalâttuk kinakkut kamagijaujutsaumangâta. Ukuanguluatillugit, Inuit illumiuKatigijatit, Inuillu ilagiKattasimajatit angiggamegunnaigavit kamagijaugiaKagajattuit. **Suguset tallimanik jârikinnisait, kinatuinnalu KuittuKattasimalittuk pingasunik wogginik akuniunitsanik, tapvainak kamagijaugialet.**

Kanulli pijutsauvingâ?

- Tepemut ejatsatit piKattalugit
- Ânniasiutigijappit piusiukKujangit maliKattalugit illumekKujigajappat
- Ânniasiutigijait uKautillugu makua pillugit:
  - Inuit illumiuKatigijatit
  - Inuit pulâgiaKattajatit (sollu: kalâtsiagiattugavit)
  - Suguset ilagiKattajatit
  - kinatuinnak ilagisimajait KanimakKotuk Kuittujullu
  - Nanituinnak ingiKattajatit (sollu: pulâpvitit, ilappit, ilannâpillu illungit)

Supukkanik tupâkinik sikarelukanilonnet ilimanatsiumititsisok Tepep Kumakulunginnik. IkKanattumagiuvuk uKaudjigiak ânniasiutigijannik kinakkunik supukkaKatiKaKattamangâppit taikkua Inuit kamagijaugajammata TepeKammangâta.

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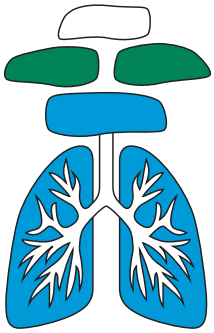

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Latent TB Infection (LTBI) Treatment with 3HP (12 doses)

Information on Rifapentine/ Isoniazid: 12 dose Treatment for Latent Tuberculosis

You have been prescribed medicine to treat your latent TB infection (also known as sleeping TB) to prevent you from getting sick with active TB disease.

What is latent TB infection (LTBI)?

Latent Tuberculosis (LTBI) means you have TB germs in your body but you do not have active TB disease. You are **not** infectious. Therefore, you do not have to worry about passing the TB germs to someone else.

To kill the TB germ in your body and prevent it from causing active TB disease in the future, it is important to take the medications **Rifapentine** and **Isoniazid** and **Vitamin B6** as ordered by your doctor. Rifapentine is an antibiotic which is very good at killing the TB germ. It is used with another antibiotic **Isoniazid** which your doctor has also prescribed for you.

How Should I take Rifapentine?

IIt is important to take Rifapentine once a week for 12 weeks as prescribed by your doctor. The Community Health Nurse will arrange a treatment time with you. If you are unable to keep your appointment, contact the Community Health Nurse.

- Take **Rifapentine** with food.
- The tablets can be crushed and mixed with a semisolid food if you have difficulty swallowing. Be sure to take all the food the **Rifapentine** is mixed with right away.

Does Rifapentine Interact with other drugs?

- Rifapentine may reduce the effectiveness of hormonal contraceptives. Tell your doctor or nurse if you are taking birth control pills or using a contraceptive patch.
- Tell your doctor, nurse, and pharmacist if you are taking any other medicines, including any non-prescription remedies as their dose may need to be adjusted.

What are the contraindications of Rifapentine?

- If you are pregnant or plan to become pregnant, discuss this with your doctor or nurse as this treatment may not be right for you.
- Breastfeeding is not recommended while you are taking Rifapentine.

What are the possible side effects of Rifapentine?

Many people experience a change in the color of body fluids (tears, breast milk, and urine) to a red-orange colour. It may permanently stain contact lens and dentures.

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How Should I take Isoniazid?

- It is important to take Isoniazid once a week for 12 weeks as prescribed by your doctor
- Isoniazid may be taken after eating a light meal.
- If you need an antacid for stomach-ache or heartburn, take it at least 2 hours before or after taking Isoniazid

Daily alcohol use is associated with increased liver damage when taking Isoniazid. You should discuss your alcohol use with your doctor before starting Isoniazid.

How should I take Pyridoxine (Vitamin B6)?

Pyridoxine is the name for Vitamin B6. Taking Pyridoxine will help prevent numbness and tingling to the hands and feet sometimes caused by Isoniazid

Contact your Doctor or nurse if you experience the following:

- Skin itchiness or rash
- Cough with wheeze
- Difficulty breathing
- Unusual tiredness or weakness
- Low blood pressure (feeling dizzy)
- Fever
- Loss of appetite/ upset stomach / diarrhea
- Nausea (urge to vomit)
- Stomach pain or diarrhea
- Yellowing of skin or eyes
- Red eyes (conjunctivitis)
- Brown (tea coloured urine)

Tell your nurse/doctor if you experience numbness or tingling of your hands and feet.

Your doctor will order blood tests for you while you are taking these medicines. It is very important that you keep your appointments with your doctor and go for all your blood tests.

If you have any questions, please call the local Community Health Nurse or Communicable Disease Control Nurse (CDCN).

Contact number for Community Health Nurse:

Contact number for Communicable Disease Control Nurse:

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Kaujititsiutik

TB-mik KanimmasiKalluni siammatitaugunangitumik (LTBI) Ânniasiuttaugunnanik ejatsamut taijanut 3HP (12-nik ejanik)

Kaujititsiutik ejatsait taijat Rifapentine/Isoniazid-ilu:(12) Suvailfaitulluni Ejattutitaunnik Siammatitaugunangitumik TepeKalluni.

Ejatsatâttausimavutit TepeKagavit siammatitaugunangitumik (taijausongummijumillu sinittumik) KanimmalikKunak TepellagiliaKillutit.

Sunauva KanimmasiKannik Tepemik siammatitaugunangitumik?

TepeKannik Siammatitaugunangitumik tukilik Tepep Kumakulunginnik pitaKajutit timinni tâvatuak Tepellagilungikaluattutit siammatitausomik. Siammatitsigunangilatit. Taimaimmalu, isumâlugiaKangilatit siammatitsigiamik Tepe Kumakulunginnik asinnut.

TuKutsigiamut Tepep Kumakulunginnik timigijanni ungumagiamullu TepellagiliaKinnisannut sivunitsanni, ikKanattumagiuvuk ejatsatugiamik taijanik Rifapentine Isoniazid-imillu Vitamin B6-millu taimâk ânniasiutigijappit tilisimappâtit. Tamanna Rifapentine ejatsak piujummagik tuKutsigiamut Tepep Kumakulunginnik. Atuttausonguvuk asinginnik ejatsatomalluni taijanik Isoniazid ânniasiutippit Kaisimajanginnik.

Kanulli esiKattajutsauvingâ Rifapentine-nik?

IkKanattovuk esiKattagiat Rifapentine-nik atausiallutit woggimi (12) suvailfani woggini sollu ânniasiutippit uKautilaummâtit. Nunatsini Inositsiagittotitsinimmi Paitsijik sitonditsanik esiKattagiamut âkKisigunnatuk. AivigigiaKallugu aigunangikkuvit, KaujitiKattalugu Nunatsini Inositsiagittotitsinimmi Paitsijik.

- EsiKattagit Rifapentine-nik niKitsanik ilaKatillugu.
- Ejatsait siKallitaugunnatuit akulliliugillu niKitsamut sitijongitunut ejaugunnangiumappata. NiKitsait ilonnaita akullisimajatit ejatsamut Rifapentine-mut tapvainak egialitit.

Ejatsak Rifapentine ejaugunnaKâ asinginnik ejatsatomalluni?

- Rifapentine pitsakilliumititsigunnatuk atunniKasonginnik ejatsait nutagattâtailigiamut. Ânniasiutet paitsijellonet Kaujitillugu ejatsatomaguvit nutagattâgekkutinik atuguvillonet mangittaujanik nutagattâgekkutinik.
- Kaujitillugu ânniasiutet, paitsijet, ejatsatâpvimilu suliaKattik asinginnik ejatsatomaguvit, ilauKasiutillugit ânniasiupvimit pitâgisimangitatit, kamagijaugiaKagajammata.

Sunavat ippinigutausot ejattomannimi Rifapentine-mik?

- NutagatsaKaguvit isumaKaguvillonet nutagatsatâgiamik, tamanna uKâlautigilauguk ânniasiutinnut paitsijinnulonnet, tamanna ejatsak piujolugajangimat ilinnut.
- PiuluakKuk amâmattisingikuvit ejattomallutit Rifapentine-inik.

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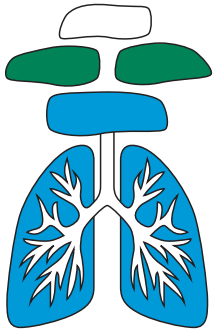

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SunaugajakKât malunnagajattuit ejattomannimi Rifapentine-imik?

Unuttuit inuit malugusuKattaKut timinginni sunait tauttungit asianguninginnik (sollu: Kupvingit, amâmangita immungit, itigungillu) tauttutâllutik aupaluttamik-auplângajumik. Taimailinganialittilugu simitsititsigunnatuk ejautiujanik ejimmut pojausonik, kigutinguanillu.

Kanulli esiKattajutsauvinga ejatsanik Isoniazid-inik?

IkKanattovuk esiKattaguvit Isoniazid-inik atausiaKattalutit woggimi, 12-nik wogginik katillugit ânniasiutippit Kaisimajanginnik.

- Isoniazid-it ejausot nigigalâkKâluni.
- Nânguguvit seguvillonet esigiaKaguvillu segekkutinik, esigajakKutit maggok sitondek sivungani kingunganilonnet esigeguvit Isoniazid-inik.

Ullu tâmat imialuttuKattanik tingunnik sujuigiallagunnaKuk ejattomallutit Isoniazid-inik. ImialuttuKattanigijait uKâlautigijutsait ânnasiutigijannut ejattomaliaKikKânak Isoniazid-inik.

Kanulli esiKattajutsauvinga ejatsanik Pyridoxine-nik (Vitamin B6)?

Pyridoxinet taijaugusigivauk ejatsait taijat Vitamin B6. Ejattomanik Pyridoxine-nik ikajugunnaKuk ungumagiamik aggapit, itigappilu ippiniagunnaininginnik kakillâlinninginnilu taimailingattitaujunik ejatsanut Isoniazid-inut.

Kaujitilauguk Ânniasiutet paitsijelonnet malugusuliguvit ukuninga:

- Uvinet ungilagualippat puikallâlippalonnet
- Kuittuguannik
- Anittigigunangiumannik
- Ilusigingitattut mingutusagaittoliguvit nukiKagunnaiguvillonet
- Auppit Kummuangasongunningat katangalippat (uidjangugualiguvit)
- Timet onattogualippat
- kagunnasiagunnaiguvit/aKiagullutoliguvit/nânguguvit
- Migiangunik (migianguguannik)
- Nâkkut ânnianik nânguguvit
- Kutsutaulippat uvinet ijekkilonnet
- Ijekkik aupaluttaulippânik (sippigualippanik)
- kajolippat (itiguit tauttuKalippat tetut)

Kaujitillugu paitsijet/ânniasiutet aggatit itigattilu ippiniagunnaipata kakillâlippatalonnet.

Ânniasiutet aungitauKujigajattuk tamakkuninga ejattomannini. IkKanattumagiuvuk ânniasiutinnut aiKattaguvit aigiaKatuaguvit aungijattaugiaKaliguvillu ilonnainut aiKattalutit.

ApitsotitsaKaguvit, uKâlapvigilauguttok Nunatsini Inositsiatittotitsinimmi Paitsijimik Siammatitausongullutillunet Kanimmasinik kamajiullutik Paitsijinik.

UKâlapviusongulluni numuranga Nunalini Inositsiagittotitsinimmi Paitsijik:

UKâlapviusongulluni numuranga Siammatitausongullutik Kanimmasinik kamajik Paitsijik:

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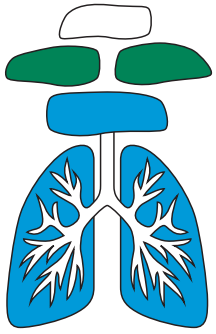

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FACT SHEET

Latent TB Infection vs. Active TB Disease

A person with LATENT TB infection:	A person with ACTIVE TB disease:
• Has a positive Tuberculin Skin Test (TST) but their other tests (e.g. chest x-ray and sputum samples) show no evidence of Tuberculosis (TB).	• Usually, not always, has a positive Tuberculin Skin Test (TST). Has other findings and test results that indicate active disease.
• Has TB germ in their body, but the germs are sleeping or inactive.	• Has tuberculosis germs actively growing in their body.
• Does not feel sick.	• May feel sick and have symptoms such as coughing, fever, night sweats, fatigue (tiredness), poor appetite and weight loss.
• Can't infect anyone else.	• Is capable of spreading the disease to others if the germs are active in the lungs or throat.
• May become sick with active disease if the TB germ becomes active.	• May become very sick or even die if not treated.
• Can be treated with medication in their home community to prevent the TB germs from becoming active and making them sick.	• Can be cured of TB disease with medication, often in their home community.
• Needs to take all their medications to prevent active TB disease, even though they feel well.	• Must take all their medications to prevent drug resistance, treatment failure or relapse; even when they are feeling better. Are legally obligated to take medications if they can infect others.

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Kaujisautik

Siammatitaugunnangituk Siammatitausok TB Kanimmasik

Siammatitaugunnangittumik Tepelik:	Siammatitausomik Tepelik:
• Ottutaugami pitalik tavatuak asinginnik ottutaugutingit (sollu x-ray, ugiannikut) sakKititsingitut tepeKanninimik.	• Kattatuk, sainaluganiugaluak, Kaujisattaugialik uvinittigut. Asinginnik napvâviusot, KaujisautiKatlutik siammatausomik KanimausiKannimik.
• Tepemik Kanimmasilik timikkut, tâvatuak Kanimmaset aulangitut, pigukatangitut.	• Kanimmasilik pigukatattunik timikkut.
• Ippiniannangituk TB-Kannimik • Ippiniangituk KanimausiKannimik.	• Kanimannimik ippiniasok, malunnautiKatluni sollu Kuittunimmik, onannimik timikkut, kiatsiunimmik unnuami, mingututsainannimik, nigigumatsianginimmik, saluliuminnimillu.
• Aittuigunangittuk kinamillonet.	• siammatitsisok Kanimmausimmik asiminnut Kanimmasit pigukatappata puvanni iggianillonet.
• Kanimmagajattuk siammatitausomik tepemik Kanimmasik piguliaKippat.	• Kanimmasuagajattuk, tuKuluni allât kamagijaungikuni.
• Ânniasiutittaugialik angiggamini nunamini piguttailititsigasuamut tepek (TB) Kanimmagasuangimullu.	• ÂkKItaugunnatuk tepettuk ânniasiutittaunikkut, anggigaminilluasiak.
• Ilonnainik ânniasiutittomagialik siammatittailigasuamut tepek Kanimmasik, Kanimattojângikaluatluni.	• Ilonnainik ânniasiuttittomagialik ikajugunnangisongummata ânniasiutingit, atugunnagisongummata, piguvallialutillonet; âkKiumittojâgaluatluni. MaligatsaKajut ânniasiutittomagiamut asiminik aittuisonguguni.

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FACT SHEET

Latent Tuberculosis Infection (LTBI) Treatment with INH

You have been prescribed medicine to treat your latent TB infection (also known as sleeping TB) to prevent you from getting sick with active TB disease.

What is Latent TB Infection (LTBI)?

The skin test for tuberculosis (TB) indicates that you have TB germs in your body. You do not have active TB disease. You are **not** infectious. Therefore, you do not have to worry about passing the TB germs to someone else.

To kill the TB germ in your body and prevent it from causing active TB disease in the future, it is important to take the medication Isoniazid (INH) as ordered by your doctor.

What is Isoniazid (INH)?

Isoniazid (INH) is an antibiotic which is very good at killing the TB germ. INH is also used along with other TB drugs to cure active TB disease.

What is Pyridoxine (Vitamin B6)?

Taking Pyridoxine (vitamin B6) will help prevent numbness and tingling of the hands or feet sometimes caused by Isoniazid.

How will I get my medication?

The nurse will make an appointment for you to come and take your medication twice a week. You should come with an empty stomach (1 hour before or 2 to 3 hours after eating food).

Contact a DOCTOR or Nurse if you experience the following:

- Skin itchiness or rash
- Unusual tiredness or weakness
- Fever
- Brown (tea-colour) urine
- Loss of appetite
- Nausea (urge to vomit)
- Stomach upset, or diarrhea
- Yellowing of skin or eyes
- Tell your doctor if you experience numbness or tinging in your hands or feet.

Your doctor will order blood tests for you while you are taking these medicines. It is **very important** that you keep your appointments with your doctor and go for all of your blood tests.

Is there anything else I should know?

- Tell your healthcare provider if you are taking any other medications, even medications that do not require a prescription.
- Avoid taking acetaminophen (Tylenol) as it increases the risk of liver damage while taking TB medicine. Consult your health care provider for alternatives.
- Avoid drinking alcohol as it can increase the risk of liver damage.
- Talk to your healthcare provider if you have any questions and concerns.

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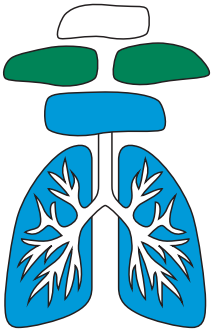

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TB puvallungimagilluta katingaluta

Kaujititsiutik

Tepemik Piungiliudjaunimmut Siammatitaugunnangitumik Ânniasiuttaugunnanik ejamut taijamut Isobiazid-imut

Ejatsatâttausimavutit TepeKagavit siammatitaugunangitumik (taijausongummijumillu sinittumik) Kanimmatailigasuallutit TepelagiliaKillutit.

Sunauvâ KanimmasiKannik Tepemik siammatitaugunnangitumik?

Uvinippit kamagijaugusigilauttanga TepeKamangâppit Kaujisautiusimajuk Tepep Kumakulunginnik pitaKajutit timinni. Tepellagilungikaluattutit siammatitausomik. Siammatitsigunangilatit. Taimaimmat, isumâlugiaKangilatit siammatitsigiamik Tepep Kumakulunginnik asinnut.

TuKutsigiamut Tepep Kumakulunginnik timinni ungumagiamullu Tepellagigiannut sivunitsanut, ikKanattumagiuvuk ejattuguvit taijanik Isoniazid-inik ânniasiutippit pikKujangatut.

Sunauvât ejait taijat Isoniazid?

Tamakkua ejatsait taijat Isoniazid ejauvut piujutsuat tuKutsigiamut Tepep Kumakulunginnik. Tamakkualu ejait atuttausongugivut asingillu ejait Tepetsiutet âkKisigunnaKullugit siammatitausongulluni Tepep Kanimmasinganik.

Sunauvât ejait taijat Pyridoxine (Vitamin B6)?

Ejattuguvit taijanik Pyridoxine-imik (vitamin B6) tamakkua ungumagunnaKut aggapit itigappilonnet ippiniagunnaininginnik kakillâninginnilu, taimailingattitaujunik ejanut taijanut Isoniazid-imik.

Kanulli tamakkuninga ejatâgunnaKingâ?

Paitsijik âkKisigajattuk ânnasiupviliannisannik esigiattuKattaKullutit magguitillutit wogimi. Ânniasiupviliajutsauvutillu nigisimangimagillutit (atautsimi sitondimi, maggonilonnet pingasullu sitondini nigisimakKâlutit).

ÂNNIASIUTIMMIK Paitsijimillonet Kaujititsigit ukuninga malugusuguvit:

- Uvinet ungilagualippat puikallâKalippalonnet
- Mingutusaigaittoliguvit nukiKagunnaiguvillonet
- Timet onattogualippat
- kajolippat (tetut tauttuKalippat) itiguit
- kâgunnailiaKiguvit
- Migiangunik (migianguguannik)
- AKiagullutonnik, nângunik
- Uvinet ijekkilonnet Kutsutaulippânik
- Ânniasiutet Kaujitillugu malugusuguvit aggatit itigatillonet ippiniagunnaipanik kakillâlittulonnet.

Ânniasiutet aungittauKattaKujigajattuk tamakkuninga ejatsatomannini. IkKanattumagiuvuk ânniasiupviliaKattaguvit ânniasiutet takugiattulugu aigiaKatuaguvit aungittaugiattulutillu.

Sunagiallamikkiak Kaujimajutsauvingâ?

- Kaujitillugu ânniasiutet/paitsijet asinginnik ejattomaguvit, âllat ejanik ânniasiupvimit pitâgisimangitannik.
- Ejattomattailillutit ânnigekkutinik sollu (Tylenol-inik) tamakkuninga Tepemmut ejattomallutit ilimanagajammat tingguit sujuttaugianganut. Kaujisapvigilauguk ânniasiutet/paitsijet asinginnik ejattugajamangâppit.
- Imialuttomattailillutit ilimanattotitsigiallagunnamat tinguppit sujuttaunitsanganik.
- UKâlaKatigillugu ânniasiutet/paitsijet apitsotitsaKaguvit, isumâlotitsaKaguvillu.

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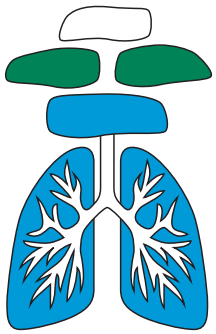

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FACT SHEET

Sputum Collection Instructions

1. Confirm the collection container is labeled correctly with:
   - your (the patient) first and last name, healthcare number, & date of birth,
   - the date and time you collected your sputum specimen.

Incorrectly or incompletely labeled specimens will not be tested.

2. Sputum samples are best if coughed up first thing in the morning, **after** you have been sleeping at night. However, sample may be collected at any time sputum is available to be produced. Remaining samples may be collected as long as they are collected **two** hours apart. Sometimes it is easier to produce sputum in the morning after a steamy shower.
3. Gargle and rinse your mouth with water. **Do not** use mouthwash or brush teeth with toothpaste immediately before collection.
4. Sputum is mucous that is obtained from a deep cough (not saliva). Take deep breaths through your mouth. Try and cough up mucous from deep in your chest. You may need to take several deep breaths and do lots of coughing.
5. Open the jar and hold it close to your mouth. Spit the sputum you coughed up from your chest into the jar. **The sample must come from your lungs, not your mouth.**
6. The sample you cough up should look thick and be yellow or green in color. A minimum of 15mL (1 tablespoon) of sample is required (it should at least fill the bottom surface of the container).
7. Close the container lid **tightly** and place it in a bio hazard bag.
8. If collected in the clinic, give the sputum sample to your nurse right away.
9. If you are at home, seal the sample in the zip locked section of the bag and refrigerate.
10. Bring the container to the health center or laboratory **as soon as possible**. If unable to return the sample right away the sample can be stored in the refrigerator until you have produced all the samples requested. Don't keep samples in the fridge longer than three days because **delays can affect the test results**.

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Kaujititsiutik

Maligatsait katitsuinimmi Ugiattusimajannik

1. Kimiggulugu ugiattuvitsank allatausimatsiamangât:
   - Sivullia atinga (kamagigialippit), atigusellu, MCP-engata numaranga, & inolipvingalu ullunga,
   - Ullunga, sitondingalu ugiattusimajannik katitsuinippit.

Tammasimajunik pijagettausiasimangitunillonet allasimajuttalet kamagijaulângituit.

2. Ugiat katitsutaujuit piunippausot sivullipâmik ullâkut, unnuami **sinikKâlutit**. Taimaigaluattilugu, katitsutaujait Kangatuinnak katitsutausot ugiagatsaKatuappat. Amiakkuit katitsutaugialet katitsutausot maggok sitondek nâppanik. Ilangani ugiamik katitsuigiak piunippausok ullâkut ubvaKâluni.

3. Upvalutit Kanellu salummagiallugu imammut. **Atulugasi** Kanimmut salummasaigutimmik kigutiligilugasilonnet kigutiligiutimmik atullusi ugiatsinik katitsuigasuannisini.

4. Ugiat nuvauvut ugiattausot Kuittupâlluni (Kaninnit pilungituit). Anittigitsiallutit Kanikkut. Kuittugasuallutit nuvammik sapvinit. Unuttuatillutit anittigigasuagiaKavutit unuttuatillutit Kuittusiagasuallutillu.

5. Pullaujakuluk ammalugu nagumiallugu Kaninnut Kanittotillugu. Nuvak KuittuKaujait sapvinit ugiallugu pullaujakulummut. **Ugiajait puvannit sakKitigialet, Kaninniungituk**.

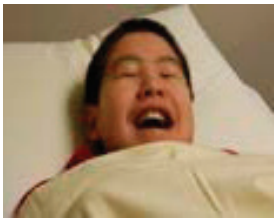
6. 6. Nuvak ugiajait takutsauninga idjujogialik Kutsutaulluni iviujaullunilonnet. Pullaujakuluk ugiapvigijait pitâttilugu mikinippâk sollu alutsautimmik tatattumik, (pullaujakulop natânga natâgutsilugu).

7. Pullaujakuluk matutsialugu, poniallugu pottakulummut.

8. Ugiajannik katitsuiguvit ânniasiupvimi, ugiasimajait âllugit paitsijimut tapvainak.

9. Angiggameguvit, pollugit pottakulummut katitsuivimmut nillinattuKautimmolugit.

10. Pullaujakuluit pongillu âllugit ânniasiupvimut taimaittunillonet kamapviujumut **tapvainak**. Utittigunnangikunni tapvainak ugiattusimajait piulimajausok nillinattuKautimmi pijagenninut pigumajaujunik. Piulimajaujutsaungitut ugiat nillinattuKatimmi pingasunik ulluni Kângittunik tapvainak âjaugunnangipat, upalungannik akuniuluatloasongumat Kaujisautigigasuallugu.



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Taking Medication for Active Tuberculosis (TB)

You have been prescribed medicine to cure your active Tuberculosis (TB disease).

Why do I have to take TB medication for so long?

Treatment of active TB disease usually takes from six (6) months to a year to complete. The medication (antibiotics) used to treat TB can only kill the germs when they are growing and TB germs grow very slowly. As you get better the germs grow more slowly so it takes a long time to kill them all.

What if I stop taking my TB medication?

You will probably start to feel better soon after starting your TB medication, however, it is important to keep taking your antibiotics because there are still TB germs alive in your body. If you stop taking your medication, or don't take it regularly, the TB germ can become resistant to the antibiotics. You will get sick again, but this time you will need to take more medications and for a longer time to be cured. You may also spread drug resistant TB to your family, friends and coworkers. It is mandatory by law to take all medication for active TB disease.

Why does my healthcare provider watch me take my medication?

- Your healthcare provider can see if the drugs are working as they should, watch for side effects and answer questions you may have about TB.
- Your healthcare provider will remind you to take all of your drugs to complete your treatment.
- Your healthcare provider will remind you when you need to have any tests such as blood tests, X-Rays or sputum tests.

Is there anything else I should know?

- Tell your healthcare provider if you are taking any other medications, even medications that do not require a prescription.
- Avoid taking acetaminophen (Tylenol) as it increases the risk of liver damage while taking TB medicine. Consult your health care provider for alternatives.

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Kaujititsiutik

Ejattomannik Siammatitausomik TepeKaguni (TB)

Ejatsanik aittutausimaguvit âkKitaukKulugu siammatitausok Tepe.

Summat akuninut TepeKannimut ejattugiaKavingâ?

Ejattutitaunnik siammatitausomik TepeKaguni ejattutitausot sâksinit takKinit atautsimut jârimut. Ejatsait (âkKesot) Tepemik tuKutsituinnagunnaKut Tepep Kumakulunginnik inummi piguvallianinginni, Tepelu Kumakulungit sukkaitumik piguvalliasonguvut. ÂkKivallianinni Kumakulungit sukkaitumik piguvalliasonguvut taimaimmalu akunik tuKutaugasuasonguvut.

NukKagajagumali TepeKannimut ejattomannigani?

ImmaKâ ippiniagajakKutit âkKiumilinninik ejattugiasisimatualiguvit TepeKannimut, taimaigaluattilugu, ikKanattovuk ejattomagiaKannet suli Tepep Kumakulungit omammata timinni. Ejattomagunnaigajaguvit, esitsiaKattangikuvillunet, Tepep Kumakulungit sutsaKutiKagunnaigajattuit ejatsanik. KanimmagiallagajakKutit, taggalu asinginnik ejaKagiallagiaKanialillutit, akuniunitsamillu. Allâlu siammatitsiniallutit Kitungannut, ilannânut, suliaKaKatinnulu. Taggalu maligatsait malillugit ilonnainik ejatsanik Tepemut esiKattagiaKavutit.

Summali ânniasiutigâ takunnâKavâ esitillunga?

- Ânniasiutet takugunnatuk ejatit atunniKammangâta piusigigialimmitut, ilinnilu attuilukamangâta, apitsotitsaKaguvillu Tepelittâjunik kiugunnatuk.
- Ânniasiutet ikKaititsiKattasok ilonnainik ejatsanik esiKattaKullutit pijagenninut.
- Ânniasiutet ikKaititsiKattasok asiagut kamagijaugiaKaguvit sollu aungittaunikkut, X-Ray-taunikkut, ugiattugiaKannikullonet.

Sunagiallamikkiak KaujimagiaKavingâ?

- Ânniasiutet Kaujitigialet asinginnik ejattomaguvit, allât ânniasiutiup Kaisimangitanginnik.
- Ânniagekkutinik sollu (Tylenol-inik) ejattugiaKangilatit tingunnik sujuigajammata TepeKannini ejattomallutit. Kaujisapvigillugu ânniasiutet asinnik ejattusongugajamangâppit.

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FACT SHEET

TB Medications and Alcohol

Tell your healthcare provider if you're taking TB medication.

Drinking alcohol when taking TB medication can be very harmful to your liver and can make you very sick.

- If you do use alcohol, tell your health care provider.
- It is important to attend blood test appointments on time and to ensure your liver is staying healthy.

If you have any of these problems, stop taking your TB drugs! Call or see your TB physician or nurse or go to the Health Centre/Emergency Department to have your liver checked right away.

- Skin itchiness or rash
- Unusual tiredness or weakness
- Fever
- Brown (tea-colour) urine
- Loss of appetite
- Nausea (urge to vomit)
- Stomach upset, or diarrhea
- Yellowing of skin or eyes
- Tell your doctor or nurse if you experience numbness or tinging in your hands or feet.

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Kaujititsiutik

TB-muto Ejattomannik Imialullu

UKautillugu ânniasiutet ejattomaguvit TB-mut.

Imialuttomannik TB-mut ejattomalluni sukkuipâgunnatuk tingunnik, KanimappâgunnaKutillu.

- ImialuttomaKattaguvit, ânniasiutet uKautillugu.
- IkKanattovuk aungittaugiaKaguvit aigiaKatuaguvit aiKattaguvit tinguit Kanuimmangât kamagijautsianiammat.

Nallenituinnak ukuninga uKumailutaKaguvit, ejattomagunnaigit TB-mut ejatsanik! UKâlapvigillugu takugiattulugulonnet TB-Kaguvit ânniasiutet paitsijillonet aillutillonet Ânniasiupvimut/ Tuavittumik Takujaugiattulutit tinguit Kanuimmangât kamagijaukKulugu tapvainak.

- Uvinet ungilalippat kalaKappalonnet
- Mingutusaigaiguvit nukegutiKattaguvillonet
- Timmet onattolippat
- Itiguit kajolippat (Sollu: tek)
- Nigigumatsiagunnainik
- Migiangunik (migiatigigumannik)
- Nâlligiguvit, itittaguvillonet
- Uvinet ijekkilonnet Kutsutaulippânik
- UKautillugu ânniasiutet paitsijilonnet aggatit itigâkkilonnet ippiniagunnaipânnik, kakillâlipânilonnet.

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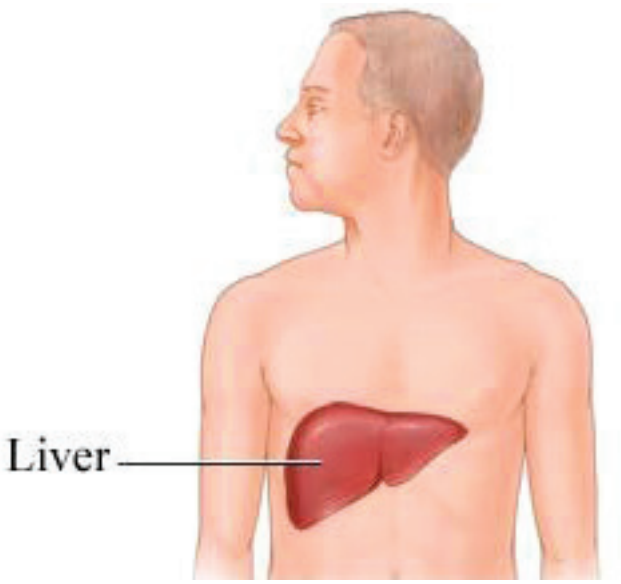
FACT SHEET

TB Medications and Your Liver



Your liver cleans your blood and plays an important part in digestion.

What can I do to protect my liver while I am taking TB medications?

Do not use alcohol. If you do use alcohol, tell your healthcare provider.

Do not take acetaminophen (Such as Tylenol®). If you are uncertain whether a product has Tylenol® or acetaminophen in it, check with your TB care provider or a pharmacist before you take it.

Tell your healthcare provider if you are taking any other medications, even medications that do not require a prescription.

- Do monitoring blood tests on time to make sure your liver is staying healthy.

Contact a DOCTOR or Nurse if you experience the following:

- Skin itchiness or rash
- Unusual tiredness or weakness
- Fever
- Brown (tea-colour) urine
- Loss of appetite
- Nausea (urge to vomit)
- Stomach upset, or diarrhea
- Yellowing of skin or eyes
- Tell your doctor or nurse if you experience numbness or tinging in your hands or feet.

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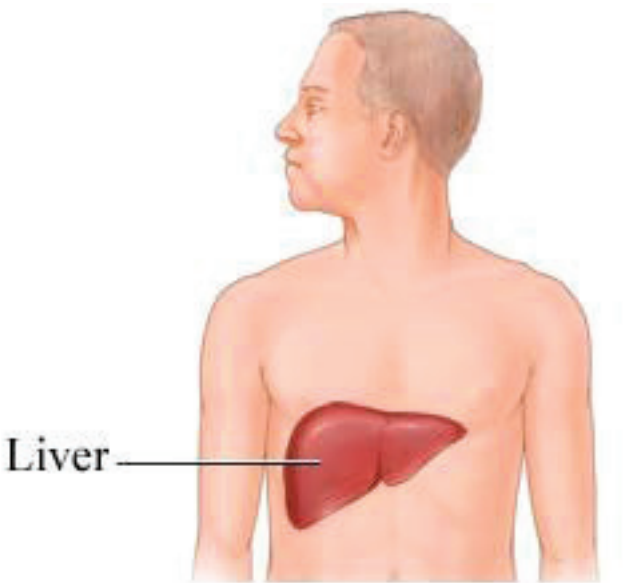
Kaujititsiutik

TB-mut Ejatsait, Tinguillu



Tinguit salummasaiKattavuk aunnik kamatsiaKatauvullu aKiagummiutappit timinnetuit aulausinginnik.

Kanuk pigajakKingâ kamatsiagiamut tinguganik TB-mut ejattomallungâ?

Imialuttomaniannak. Imialuttusimaguvit, uKautillugu ânniasiutet.

Ânniagekkutinik ejattuniannak (Sollu Tylenol®). Kaujimatsiangikuvit ejatsait taimaittuKammangâta, taimaittusajaummangâtalonnet, Tylenol, apigilauguk TB-tillutit kamajuk ejatsatâpvinillonet suliaKattiujuk, esikKânak.

- UKautillugu ânniasiutet asinginnik ejattomaguvit, ânniasiupvimit Kaijausimangikkaluappata.
- AungitaugiaKaguvit aigiaKatuaguvit aiKattalutit tinguit Kanuimmangât kamagijautsianiammat.

Kaujititsilutit ÂNNIASIUTIMIK Paitsijimmilonnet ukuninga ippiniaguvit:

- Uvinet ungilalippat kalaKappalonnet
- Mingutusaigaiguvit nukegutiKattaguvillonet
- Timmet onattolippat
- Itiguit kajolippat (Sollu: tek)
- Nigigumatsiagunnainik
- Migiangunik (migiatigigumannik)
- Nâlligiguvit, itittaguvillonet
- Uvinet ijekkilonnet Kutsutaulippânik
- UKautillugu ânniasiutet paitsijilonnet aggatit itigâkkilonnet ippiniagunnaipânnik, kakillâlipânilonnet.

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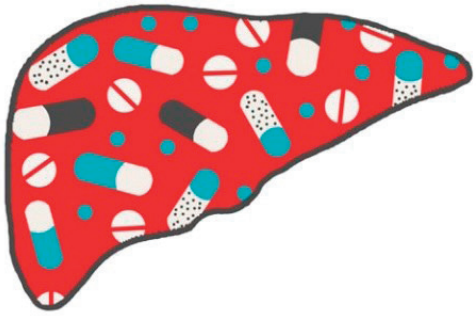
TB Medicine and Acetaminophen (Tylenol ®)

Acetaminophen (Tylenol®)



- Is a pain reliever and fever reducer. There are many brands and forms of acetaminophen. It can be found in many over the counter medicines, such as cold and flu medicine.
- Taking acetaminophen (such as Tylenol®) when you are on treatment with TB drugs can hurt your liver and make you very sick.

How can I protect my liver while taking TB drugs?

- **Do not take products with acetaminophen (such as Tylenol®).**
- If you are uncertain whether a product has acetaminophen in it, check with your healthcare provider or a pharmacist - **before you take it.**
- Tell your healthcare provider about every medicine you are taking, including the ones you do not need a prescription to buy.
- Ask your healthcare provider or a pharmacist which medicines you can take for pain or for cold or flu symptoms.
- Do monitoring blood tests on time to make sure your liver is staying healthy.

If you have any of these problems, stop taking your TB drugs! Call or see your TB physician or nurse or go to the Health Centre/Emergency Department to have your liver checked right away.

- Skin itchiness or rash
- Unusual tiredness or weakness
- Fever
- Brown (tea-colour) urine
- Loss of appetite
- Nausea (urge to vomit)
- Stomach upset, or diarrhea
- Yellowing of skin or eyes
- Tell your doctor or nurse if you experience numbness or tinging in your hands or feet.

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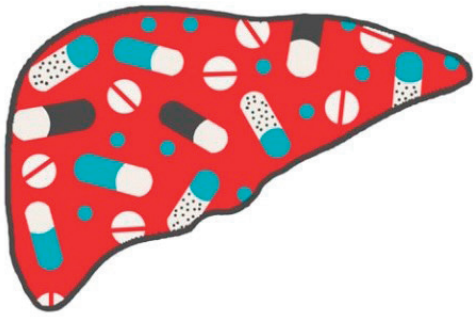
Kaujititsiutik

TB-mut Ejatsait Ejatsailu taijait Acetaminophen (Tylenol ®)

Ejatsait taijait Acetaminophen (Tylenol®)



- Ejatsat ânniagekkutet ikullaumititsijellu timet onattolippat. Unuttunik adjigengitunik taimaittunik (acetaminophen) pitaKavuk. PitâgijaugunnaKullu ejatsanik pisiniapvinit, sollu ejatsait nuvatsiutet, KanimajuKappalu.
- TB-mut ejattomallusi ejattugutsi taijanik acetaminophen (sollu Tylenol®-inik tingunnik ânnegunnatuit, KanimmapâgajakKusilu.

Kanuk kamagigajattagâ tinguga TB-mut ejattomallunga?

- **Ejattomaniagasi pitalinnik taijanik acetaminophen (sollu: Tylenol®-inik).**
- Kaujimatsiangikkutsi ejait pitaKammangâta taijanik acetaminophen, KaujisapviKalaugitsi ânniasiutitsinik ejattâpvinillonet suliaKattimit- **esikKâgasi.**
- UKautillugu ânniasiutet ilonnainik ejattomajannik, ilauKasiutillugit ânniasiupvimit Kaijausimangituit.
- Apigillugu ânniasiutet ejattâpvinillonet suliaKattinga nallenik ejattugajammangâppit ânniagekkutinik, nuvatsiutinillonet Kanimaguvillonet.
- AungitaugiaKaguvit aigiaKatuaguvit aiKattalutit tinguit Kanuimmangât kamagijautsianiammat.

Nallenituinnak ukuninga uKumailutaKaguvit, ejattomagunnaigit TB-mut ejatsanik! UKâlapvigillugu takugiattulugulonnet TB-Kaguvit ânniasiutigijait paitsijillonet aillutillonet Ânniasiupvimut/Tuavittumik Takujaugiattulutit tinguit Kanuimmangât kamagijaukKulugu tapvainak.

- Uvinet ungilalippat kalaKappalonnet
- Mingutusaigaiguvit nukegutiKattaguvillonet
- Timmet onattolippat
- Itiguit kajolippat (Sollu: tek)
- UKautillugu ânniasiutet paitsijilonnet aggatit itigâkkilonnet ippiniagunnaipânnik, kakillâlipânilonnet.
- Nigigumatsiagunnainik
- Migiangunik (migiatigigumannik)
- Nâlligiguvit, itittaguvillonet
- Uvinet ijekkilonnet Kutsutaulippânik

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FACT SHEET

TB Medication – ETHAMBUTOL

What is Ethambutol?

Ethambutol is an antibiotic used to treat tuberculosis (TB) and occasionally other related infections.

What are the benefits of taking Ethambutol?

Ethambutol, as prescribed by your doctor, will work with other drugs to significantly reduce the likelihood that you will develop active TB disease in the future. It also ensures you are taking measures to improve your health.

How do I take this medication?

Ethambutol comes as a tablet to be taken on an empty stomach. It is very important that you take Ethambutol regularly. Take as directed by your doctor or nurse. This medication will be given to you by your Community Health Aide (CHA) with support from the Community Health Nurse (CHN).

How do I prepare before taking Ethambutol?

- Before taking Ethambutol, make sure you tell your doctor or nurse all the medications (including non-prescription) you are taking. **DO NOT** start a new medication without consulting a doctor or your nurse.
- Tell your doctor or nurse if you are allergic to any other drugs, foods or other substances.
- It is important to tell your doctor or nurse if you are pregnant, plan to be pregnant or plan to breastfeed your baby before starting to take this medication.

Tell your doctor or nurse if you have any of these conditions:

- Eye problems or disease
- Gout
- Kidney disease
- Liver disease

Is there anything I should avoid when taking Ethambutol?

Ethambutol should be taken at least 4 hours before or 4 hours after the following:

- Antacids or
- Supplements with aluminum

What are some possible side effects?

Stop taking this medicine and call your doctor or nurse immediately if you experience the following symptoms:

- Changes or blurring of vision
- Difficulty distinguishing between red and green colors
- Rash

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Tell your doctor or nurse if you experience any unusual symptoms not mentioned on this information sheet.

What else do I need to know about taking Ethambutol?

It is important that you go for all lab and vision tests ordered by your doctor or nurse and that you attend all appointments with your doctor or nurse.

Where do I call if I have other questions?

Call your Community Health Nurse: _____

Phone number: _____

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Kaujititsiutik

TB Ejangit - ETHAMBUTOL

Sunauvâ Ethambutol?

Ethambutol Kanimavikkutiujuk akigatuluni (TB)-mik Kangaulimmalu asinginut Kanimmasinnut.

Kanuk ikajutsivât ejatomanimmik Ethambutol?

Ethambutol, atukKujauninganut ânniasiutinnut, ikajugunnatuk asinginut ejanut angijumik mikilititsiluni sakKiviunianinut omajumik TB Kanimmasinganut kingugagut. Ammagiallak pititsivuk kamaninnik inosinnik piusiumititsigasuamut.

Kanuk esokkâ tânna ejak?

Ethambutol ejauKattagunnatuk nigisimalugani. Pimmagitovuk esiguvitit Ethambutol KaKusinnak. Esillutit uKautjaugusittut ânniasiutinnut paitsijinnullonet. Tânna ejak KaitauKataniattuk Paitsijiup ikajuttinganut ikajuttauluni paitsijimut.

Kanuk atuinagutigiaKavinga esikKânanga Ethambutol?

- Sivungagut esikKânak Ethambutol-imik, KaujititsigiaKavutit ânniasiutinnut paitsijinulonnet ilonnainik ejannik (ilautillugit pisisotit) ejatomajatit. **PIGIASINIANNAK** nutâmmik ejammik KaujititsiKânak ânniasiutimut paitsijimullonet.
- Kaujigialet ânniasiutet paitsijellonet attutauKattamangâpit asinginut ejanut, niKinut asinginullonnet sunanut.
- Pimmagittovuk Kaujitillugu ânniasiutet paitsijellonet nutagatsaKaguvit, nutagatsatâgumalâguvit amâmattisigumalâguvillonet nutaganik sivungagut ejatomagiasikKânak.

Kaujitigialet ânniasiutet paitsijellonet pitaKaguvit ukuninga:

- Ijillutomut Kanimmasimmillonet
- KilujiKatannimik
- Tattulutomut
- Tingullutomut

SunaKavâ pijutsagingitanik ejatomalunga Ethambutol-imik?

Ethambutol ejattutaujutsak sivungagut 4-nik sidontet 4-nillonet sidontet kingugagut:

- Segekkutitusimalluni
- Ilagiagutennilonnet pitalinnik aluminum-imik

Sunauvat ippiniagutaugunnatut?

NukKalutit ejatomanimmik Kaujitillugulu ânniasiutet paitsijellonet tapvainak ukuninga ippiniaguvit:

- Tautsenik takunâsianginillonet
- Pigunnasianginik nalunaisongunnimik aupalutanik iviujannillu
- puikkalânik

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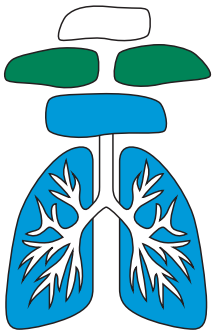

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Kaujitigialet ânniasiutet paitsijellonet ippiniaguvit uKautaungitunik tapvani Kaujisautimmi.

Sunagiallamik Kaujimajutsauvinga ejatomanimmik Ethambutol-imik?

Pimmagitovuk aiginnaguvit ilonainut kamagijaunnimut ejekkik kamagijaunegik pikKujauguvit ânniasiutinnut paitsijinnulonnet aiKattalutillu ilonnainut aivigigialinnut ânniasiutinnut paitsijinnulonnet.

Namut fonnigajakKinga asinginik apitsositsaKaguma?

Fonnigunnatait paitsiji: _____

Fonninga: _____

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FACT SHEET

TB Medication – ISONIAZID (INH)

What is Isoniazid?

Isoniazid is an antibiotic used to prevent or treat tuberculosis (TB) infection.

What are the benefits of taking INH?

INH as prescribed by your doctor, will work with other drugs to significantly reduce the likelihood that you will develop active TB disease in the future. It also ensures you are taking measures to improve your health.

How do I take this medication?

Isoniazid comes as a tablet to be taken on an empty stomach. It is very important that you take Isoniazid regularly. Take as directed by your doctor. This medication will be given to you by your Community Health Aide (CHA) with support from the Community Health Nurse (CHN).

How do I prepare before taking INH?

- Tell your doctor or nurse if you have or have ever had kidney disease, diabetes, epilepsy (fits), tingling or burning and pain in the fingers or toes
- Tell your doctor, nurse and pharmacist if you are taking any other medicines, including any over-the-counter (non-prescription) products
- It is important to tell your doctor or nurse if you are pregnant, plan to be pregnant or plan to breast feed your baby before starting to take this medication.

Is there anything I should avoid when taking this?

- Avoid Alcohol
- Avoid aluminum or magnesium containing antacids. (Space at least 1 hour after taking Isoniazid)

What are some possible side effects?

Although side-effects from Isoniazid are not common, they can occur. Tell your doctor or nurse if any of these symptoms are severe or do not go away:

- Diarrhea
- Stomach upset, nausea or vomiting, loss of appetite
- Vision problems

If you experience any of the following symptoms, call your doctor or nurse immediately:

- Numbness or tingling in the hands and feet
- Swollen glands
- Sore throat
- Unusual bleeding or bruising
- Stomach pains or tenderness

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- Unusual tiredness or weakness
- Fever
- Dark urine
- Yellowing of skin or eyes
- Rash

Tell your doctor or nurse if you experience any unusual symptoms not mentioned on this information sheet.

What else do I need to know about taking Isoniazid?

It is important that you go for all lab tests ordered by your doctor or nurse and attend all of your appointments with your doctor or nurse

Where do I call if I have other questions?

Call your Community Health Nurse: _____

Phone number: _____

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TB puvallungimagilluta katingaluta

Kaujititsiutik

TB Ejatomanik – ISONIAZID (INH)

Sunauvâ Isoniazid?

Isoniazid akigatotik atuttausok nukKatitsisongulluni akigatulunilonnet tuberculosis (TB) Kanimmasimik.

Sunat ikajuvalliutaugutet ejatomannik INH-imik?

INH Kaititaumajuk ânniasiutinnit, ikajuKatauniakKuk asinginut ejanut angijumik mikillititsiluni sakKigajatumik puiviulutit aulajumik TB Kanimmasik sivungagut. Ammagiallak pititsijuk atujutit piunitsamik inosinnik.

Kanuk tânna ejatusoga?

Isoniazid ejaugunnatuk nigisimagani. Pimmagitovuk ejatuKattalutit Isoniazid KaKusingitumik. EKattalugu uKausingagut ânniasiutippit. Tânna ejak KaitauKattaniattuk paitsijiup ikajuttinganut ikajuttaulinu paitsijimmut.

Kanuk atuinnaguttigiaKavinga sivungagut ejattuKananga INH-imik?

- Kaujitigialet ânniasiutet paitsijillonet tattukut KanimasiKasimamangâppit(-lautsimaguvillonet), diabetasimik, Kaujimangisongugiamik (Kaujimangik), kakilânimmik utânimillonet aniamillonet akKakut putugukkulonnet
- Kaujitigialet ânniasiutet paitsijet, ijattâvellonet asinginik ejattomaguvit, ilautillugu pisiagisimajatit (imminik atugumajatit) atuttausot
- Pimmagiuvuk Kaujitigunni ânniasiutet paitsijillonet nutagatsaKaguvit, nutagatsatâgumaguvit nutagaillonett amâmattisigumalânninik sivungagut pigiasikKânak tâtsuminga ejammik.

Sunamik pijutsaungilanga tâtsuminga ejattomannimi?

- Imialutailillutit
- Atuttailillutit aluminum-imik magnesium-imilonnet pitalinnik segekutinnik. (AkuniKalluni 1-mik sidontimik esisimaKâlutit Isoniazid)

Sunat ilangit ippinagutausonguvat?

Taimaigaluatilugu ippiniagutiKasot Isoniazid-imit sakKilautsimatsiangitut, sakKisot. Kaujitigialetânniasiutet paitsijellonet nalletuinait ippiniagutiKaguvit piungitumik âkKiumigunnangitumik:

- Nângunik
- Nâliginnik, migiagumannik migiatiginnilonnet, nigigumanginik
- Takunnâsianginik

Ippiniagajaguvit ukuninga, Kaujitilauguk ânniasiutet paitsijillonet tapvainak:

- Ippinianginik kakillâtigillutillonet aggani itigannilonnet
- Pullijut sakKititsiKattaunik
- Iggialiginik

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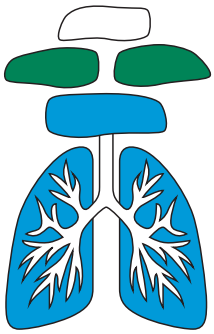

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- SakKijutsaungitumik aunânik tilojannilonnet
- AKiagukut ânnianik ippiniatsianginillonet
- Ingulasimatsainannik nukegutiumannilonnet
- Onatseguannik
- Tâttumik KuiKattanik
- Kutsutaguninnik uvinikkut ijikkugullonet
- puikalânik

Kaujitigialet ânniasiutet paitsijillonet ippiniaguvit adjiungitunik ippianimik uKautaungitumi Kaujisautimmi.

Sunagiallamik Kaujimajutsauvingâ ejatomanimmik Isoniazid-imik?

Pimmagittovuk ilonnainut aiKattaguvit kamagijaugiamut pikKujangitut ânniasiutippit paitsijippilonnet aitsainnaKattalutit ilonanginnut aigiaKaliguvit ânniasiutinnut paitsijinnulonnet.

Namut uKâlagunnaKingâ asinginnik apitsotitsaKaguma?

Fonnilugu paitsijimmut: _____

Fonninga: _____

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FACT SHEET

TB Medication – PYRAZINAMIDE (PZA)

What is Pyrazinamide?

Pyrazinamide is an antibiotic used only to treat tuberculosis (TB).

What are the benefits of taking Pyrazinamide?

Pyrazinamide, as prescribed by your doctor, will work with other drugs to significantly reduce the likelihood that you will develop active TB disease in the future. It also ensures you are taking measures to improve your health.

How do I take this medication?

It is very important that you take Pyrazinamide regularly. Take as directed by your doctor. This medication will be given to you by your Community Health Aide (CHA) with support from the Community Health Nurse (CHN).

Is there anything I should avoid when taking PZA?

- Avoid Alcohol. (Help is available to help with addiction/reduce alcohol consumption.)

How do I prepare before taking Pyrazinamide?

- Tell your doctor, nurse and pharmacist if you are taking any other medicines, including any over-the-counter (non-prescription) products.
- Avoid excessive exposure to sunlight or artificial UV light (e.g. sunlamps or tanning beds) while taking this medication. Use sunscreen and wear protective clothing.
- Tell your doctor or nurse if you are pregnant, plan to become pregnant, or if you wish to breastfeed your baby.

Tell your doctor or nurse if you have the following conditions:

- Acute gout
- Liver disease
- Frequent alcohol use

What are some possible side effects?

Stop taking Pyrazinamide and call your doctor or nurse immediately if you experience the following symptoms:

- Unusual tiredness or weakness
- Fever
- Loss of appetite
- Nausea (urge to vomit)
- Stomach upset or diarrhea
- Dark urine
- Yellowing of skin or eyes
- Pain or swelling of the joints
- Itching or skin rash

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Tell your doctor or nurse if you experience any unusual symptoms not mentioned on this information sheet.

What else do I need to know about taking Pyrazinamide?

It is important that you go for all lab tests ordered by your doctor or nurse and attend all appointments with your doctor or nurse.

Where do I call if I have other questions?

Call your Community Health Nurse: _____

Phone number: _____

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Kaujititsiutik

TB Ejatomanik – PYRAZINAMIDE (PZA)

Sunauvâ Pyrazinamide?

Pyrazinamide âkKigiagutik atuttauKattatuk âkKegialluni (TB)-imik.

Sunat ikajuvallinatut ijatomagiamik Pyrazinamide-imik?

Pyrazinamide, ânniasiutinnit pitâgigialet, atuttausongujuk asinginnik ijattomannimi angijumik mikillititsiluni sakKiviulâttutit omajumik TB Kanimmasimik siagugiak. Ikajuvallijuk ilinnik piunitsamik inosiKagasuannimik.

Kanuk tigusogivaga tânna ejak?

Pimmagitovuk ejattusainaKattalutit Pyrazinamide KaKusiKattanak. EjatuKattalutit uKausingagut ânniasiutiup. Tânna ejak KaitauKattaniakKuk paitsijiup ikajuttinganut, ikajuttiKalluni paitsijimik.

Sunanik attuijutsaungilanga ejatomallunga PZA?

- Imialutailillutit. (IkajotitsaKavuk imigannimut atuttausimajunut/uKilliumitsinik imialimmik imigannik.)

Kanuk atuinagutigiaKavinga ejatuKânanga Pyrazinamide?

- Kaujitigialitit ânniasiutet paitsijet ejatâgiligijik ejattomaguvit asinginik, ilautillugit pisiagisimajannik (imminik pisiannik) atuttausot.
- Ajunangipat siKinigâmetailiKatalutit paliutiujunut (sollu: paliutet palipviugiatuvimmilonnet) ejattomallutit tatsuminga. Atullutit paligekkutimmik annugâtsianik.
- Kaujitigialet ânniasiutet paitsijellonet nutagatsaKaguvit, nutagatsatâgasualâguvillonet, amâmattisigumalâguvillonet nutagannik.

Kaujitigialet ânniasiutet paitsijellonet ukuninga pitaKaguvit:

- Ânianik naguani
- Tinguit piujotsiangituk
- Imigatsainannik

Sunauvat ilangit ippiniaguataugunnatut?

NukKasagailutit Pyrazinamide Kaujititllugu ânniasiutet paitsijellonet tapvainak ippinialiguvit ukuninga:

- Ingulasimatsainanik nukegutinnilonnet
- Onatsiguanimik
- Nigigumainnik
- Migiagumannik (migiagumasongunik)
- Nâligik nângunik
- Tâttuk kuit
- KutsutauliaKinnik uvinet ejekkilonnet
- Ânnianik pullinillonet naguani
- Ungilannik uvinellonet puikkalâpat

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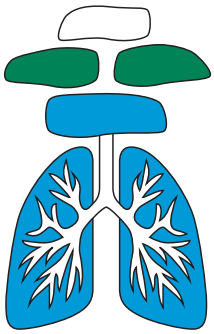

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Kaujitillugu ânniasiutet paitsijellonet ippiniaguvit adjiungitunik ippinianimmik uKautaungitumi Kaujisautimmi.

Sunagiallamik KaujimagiaKavinga ejatomalunga Pyrazinamide?

Pimmagiuvuk aitsainaguvit kamagijaugiaKaliguvit pikKujangatut ânniasiutippit paitsijippilonnet ânniasiupviliagiaKaliguvit ilonainut aiKattaguvit ânniasiutinnut paitsijinnulonnet.

Namut fonnigajakKinga asinginik apitsositsaKaguma?

Fonnigunnatait paitsiji: _____

Fonninga: _____

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FACT SHEET

TB Medication – PYRIDOXINE

What is Pyridoxine?

Pyridoxine, vitamin B6, is required by your body to help use energy from the foods you eat, for production of red blood cells, and proper functioning of nerves.

What are the benefits of taking Pyridoxine?

Pyridoxine is used to treat and prevent vitamin B6 deficiency as a result of poor diet, certain medications (such as **TB medications**), and some medical conditions.

How do I take this medication?

Pyridoxine is a tablet that is to be taken on an empty stomach. It is very important that you take Pyridoxine regularly. Take as directed by your doctor or nurse. This medication will be given to you by your Community Health Aide (CHA) with support from the Community Health Nurse (CHN).

How do I prepare before taking Pyridoxine?

Before you take Pyridoxine, tell your doctor, nurse and pharmacist what prescription and non-prescription drugs you are using, especially levodopa.

Your doctor may tell you to eat more foods containing vitamin B6, especially whole-grain cereals, fish, vegetables, beans, liver and other organ meat.

What are some possible side effects of this drug?

Although side effects from Pyridoxine are not common, they can occur and might include.

- Nausea,
- Headache,
- Sleepiness,
- Tingling,
- Prickling,
- Burning, or
- Sensation of tightness.

If these effects are severe, contact your doctor or nurse immediately.

What else do I need to know about taking Pyridoxine?

You will be taking Pyridoxine with other TB medications, **Do Not** stop taking any of these medications until told to do so by your doctor or nurse.

Where do I call if I have other questions?

Call your Community Health Nurse: _____

Phone number: _____

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Kaujititsiutik

TB Ejatomanik – PYRIDOXINE

Sunauvâ Pyridoxine?

Pyridoxine, vitamin B6, atuttaugialik timminut ikajulluni ingiggatinut niKitsanik nigijannik, sakKititsiluni aunnik aupaluttanik, piujumillu aulannik ippiniagutinnut.

Sunat ikajutsisonguvat ejattomanik Pyridoxine?

Pyridoxine atuttauKattavuk ikajutsiluni nukKatitsilunilu vitamin B6 sangelininganut pititsijumut nigitsiaKattanginimmut, ilangit ejait (sullu **TB ejangit**), ilangillu ânnianimmut atuttaujut.

Kanuk tânna ejattusoga?

Pyridoxine ejaugunnatuk nigisimalugani. Pimmagitovuk esiKattalutit KaKusingimagillutit Pyridoxine. EsiKattalutit uKausingagut ânniasiutip paitsijiullonet. Tânna ejatsak ilinut KaitauKattaniakKuk paitsijiup ikajuttinganut, paitsijimullonet ikajuttauluni.

Kanuk atuinnagutigiaKavinga sivungagut ejatuKânanga Pyridoxine-imik?

Sivungagut ejatuKânak Pyridoxine-imik, uKautillugu ânniasiutet, paitsijet ejatâvigiKattajailonnet sunanik ejatomamangâppit pisiagisimajanilu atumagâpit, piluattumik levodopa-mik.

Ânniasiutiup uKautigajakKâtit nigigiallatâlutit pitalimmik vitamin B6, piluattumik ullâsiutinik, oganik, pigutsianik, beans-inik, tingunik asinginnik niKinik.

Sunat ilangit ippiniagutausot tâtsuma ejaup?

Taimaigaluatillugu ippiniagutausot pijumit Pyridoxine sakKilautsimatsiangilat, sakKisongugaluat ilangiugajatuit ukua.

- Migiangunik,
- NiakKiginnik,
- Uinganik,
- kagillânik,
- kapitaujânnik,
- Utânnik,
- Ippinianilonnet sukanganimmik.

Tâkkua ippiniagutigigunni piungitullagiupata, Kaujitigialet ânniasiutik paitsijillonet tapvainak.

Sunagiallamik KaujimagiallagiaKavinga esinimmik Pyridoxine-imik?

EsilâkKutit Pyridoxine-imik asinginilu ejannik TB ejanginnik, **NukKaniannak** esinimmik tâkkuninga ejannik kisiani uKautjauguvit nukKalutit ânniasiutimut paitsijimullonet.

Namut fonnigunaKingâ asinginnik apitsotiKaguma?

Fonnigunatait paitsiji: _____

Fonninga: _____

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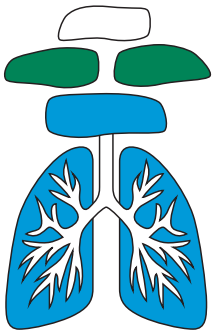

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FACT SHEET

TB Medication – RIFAMPIN

What is Rifampin?

Rifampin is an antibiotic used to prevent or treat tuberculosis (TB) and occasionally other related infections.

What are the benefits of taking Rifampin?

Rifampin, as prescribed by your doctor, will work with other drugs to significantly reduce the likelihood that you will develop active TB disease in the future. It also ensures you are taking measures to improve your health.

How do I take this medication?

Rifampin is a capsule that is to be taken on an empty stomach. It is very important that you take Rifampin regularly. Take as directed by your doctor or nurse. This medication will be given to you by your Community Health Aide (CHA) with support from the Community Health Nurse (CHN).

How do I prepare before taking Rifampin?

Before taking Rifampin, make sure you tell your doctor, nurse or pharmacist all the medications (including non-prescription) you are taking. **DO NOT** start a new medication without consulting a doctor, nurse or a pharmacist.

- Tell your doctor or nurse if you are pregnant, plan to become pregnant, or if you wish to breastfeed your baby.

Is there anything I should avoid when taking Rifampin?

- Avoid Alcohol

What are some possible side effects?

- Nausea
- Heartburn
- Dizziness or headache

Stop taking Rifampin and call your doctor or nurse immediately if you experience the following symptoms:

- Unusual tiredness or weakness
- Fever
- Loss of appetite
- Stomach pain or diarrhea
- Dark urine
- Yellowing of skin or white part of the eyes
- Sore mouth or tongue
- Bruising of skin
- Rash
- Any other persistent side effects

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Tell your doctor or nurse if you experience any unusual symptoms not mentioned on this information sheet

This medicine may cause your tears, saliva, sweat, urine and feces to be colored red/orange. This is harmless but may permanently stain soft contact lenses.

What else do I need to know about taking Rifampin?

- Rifampin can decrease the effectiveness of birth control pills. Use an alternate method of birth control (barrier method e.g. condoms/diaphragms).Continue to use the barrier method for at least 28 days after discontinuation of Rifampin. Shorten the oral contraceptive hormone free days to 4 days.
- It is important that you go for all lab tests ordered by your doctor or nurse and that you attend all appointments with your doctor or nurse.

Where do I call if I have other questions?

Call your Community Health Nurse: _____

Phone number: _____

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Kaujititsiutik

TB Ejangit - RIFAMPIN

Sunauvâ Rifampin?

Rifampin Kanimmagegusiuvuk atutauKattatuk ungumalluni ikajutsilunilonnet (TB)-mik Kangaulimmalu asinginik ilingajunik Kanimmasinik.

Sunauvât ikajutsigunnatut ejattomanik Rifampin?

Rifampin, pikKujaujuk ânniasiutiinut ikajutsigunnatuk asinginut ejanut anginitsamik mikillititsiluni tikitautaililutit sakKiviugiamik TB kanimmasinganik kingulliagut. Ammagiallak pitsiagasuannini inositsiaginnimik.

Kanuk esisonguvinga tâtsuminga ejammik?

Rifampin ejattutaugiaKattuluni nigisumalugani. Pimmagiuvuk esiKattalutit Rifampin KaKusiKattanak. EsiKattalutit uKautjausimanninut ânniasiutinnut paitsijinulonnet. Tânna ejak KaitauKattaniattuk paitsijiup ikajuttinganut ikajuttiKalluni paitsijimit.

Kanuk atuinagutigiaKavinga ejatuKânangâ Rifampin-imik?

Sivungagut esikKânak Rifampin-imik, Kaujitigialet ânniasiutet paitsijet ejatâtitsijimillonet ilonnanginik ejanik (ilautillugit pisijausot) ejatomajanik. PIGIASINIANNAK nutâmik ejammik uKâlaKatiKasimakKânak ânniasiutinnik paitsijinnik ejatâtitsijimmilonnet.

- Kaujitillugu ânniasiutet paitsijellonet nutagatsaKajutit, nutagatsatâgumanninik amâmattisigumalânninik nutagannik.

Sunamen atutailigiaKavinga ejatomalunga Rifampin-imik?

- Imigatailigit

Sunauvat ippiniagutausot?

- Migiangunik
- Sennik
- Uijagunik niakKiginnilonnet

NukKagit ejatomanimmik Rifampin-imik Kaujitillugu ânniasiutet paitsijellonet tapvainak ippiniaguvit ukuninga:

- Ingulasagainimmik nukegutinnimillonet
- Onatsiganimmik
- Nigigumanginik
- Nâligiguvit nânguguvillonet
- Tâttumik kuiganik
- Kutsutagunik uvinet ijekkilonnet
- AniaKannik Kanikkut uKakkulonnet
- Tillojanik uvinet
- Puikkalâguvit

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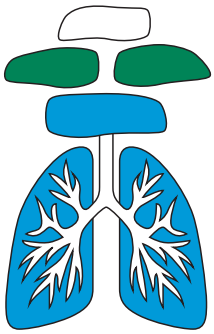

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- Asigiallangit ippiniagutiKaguvit

Kaujitillugu ânniasiutet paitsijellonet ippinialukaguvit uKautaungituni tatsumani Kaujititsiutimmi

Tânna ejak pigunnatuk Kupvinik, egiangusanik, kiatsiunet, kuit anaillu taututâtillugit aupaluttamik/aupalângajumik. Atuilungitut taimaigaluatillugu tauttutâgigajatut aKittunik ijimmi ijautinnik.

Sunagiallamik Kaujimajutsauvinga ejatomanimmik Rifampin-imik?

- Rifampin mikillititsigunnatuk atunnini nutagatâgekkutinnik. Asinginnik nutagatâgekutinnik atuguvit piunitsaugajattuk (ungumautinnik sollu: pongujuit /ungumautet). Atugiallatâlutit ungumautinnik mikinippâmik 28-inik ullunik atugunaiguvit Rifampin-imik. Nailitillugu Kanikkut nutagatâsongunnimut atugunaitumik ulluit tikillugu 4-at ulluit.
- Pimmagiuvuk aiKattaguvit kamagijaunnimut uKausigisimajanginni ânniasiutet paitsijellonet aikatainnalutillu ilonnainut aivigigialinnut ânniasiutinut paitsijinnulonnet.

Namut fonnigajakKinga asinginik apitsositsaKaguma?

Fonnigunnatait paitsiji: _____

Fonninga: _____

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FACT SHEET

Tuberculin Skin Test (TST)

What is a Tuberculin Skin Test (TST)?

The Tuberculin Skin Test (TST) is used to find out if someone has been exposed to the TB bacteria. The test involves putting a small needle just under the skin of the forearm and injecting a small amount of a special solution (tuberculin). After 48-72 hours the nurse must examine the test area and look for an 'induration' or hard bump in the area of the injection site. The TST is 'positive' if a bump of a certain size has developed where the needle was given.

What does it mean if my TST is positive?

A positive TST does not mean that you are sick with tuberculosis. In most cases it means that you may have been exposed to the TB germ at some time during your life but the TB germs in your body are inactive or sleeping; this is called Latent TB Infection (LTBI). However, you will need to see a nurse or doctor to be certain.

You will need to be examined by a nurse or doctor and have further tests such as blood tests, chest x-ray and sputum samples to be sure you have LTBI and you are not sick with active tuberculosis. If you have LTBI, you will usually be recommended to take medication to prevent the LTBI from becoming active TB and making you sick.

Who should not have a TB skin test?

- Anyone who has had a positive TST in the past.
- Anyone who has had active TB disease in the past or history of treatment for LTBI
- Anyone who is allergic to the tuberculin solution or allergic to any vaccine that contains the same ingredients as the tuberculin solution.
- Anyone with extensive burns, eczema or other skin conditions where the TB skin test is to be given.
- Anyone who has received a live virus vaccine (e.g. MMR, shingles, or chickenpox) in the 4 weeks before the TB skin test is given. A TB skin test can be done on the same day as live vaccines. If not given on the same day, the TB skin test must not be done until at least 4 weeks after the live vaccines. This is because the live vaccines can decrease the response to the TB skin test.
- Anyone with a major viral illness (e.g. mononucleosis, mumps, measles) in the past month.

It is OK and important for you to have a TB skin test if you:

- Are pregnant,
- Are breastfeeding,
- Have a past history of BCG vaccination,
- Have had a vaccination with a non-live vaccine in the past 4 weeks, or
- Are on treatment with low-dose steroids.

Anyone with a mild viral illness, such as the common cold, in the past month can receive their TB skin test.

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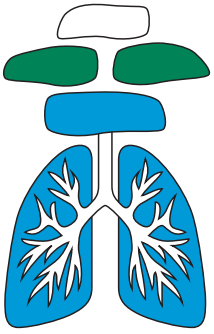

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Kaujititsiutik

TepejuKammangât kamausik taijak: Tuberculin Skin Test (TST) – kapijautluni Kaujisautik

Sunauvâ TepejuKammangât kamausik taijak Tuberculin Skin Test (TST)?

TepejuKammangât kamausik taijak Tuberculin Skin Test (TST) atuttauKattavuk Kaujigumallutik kinakiak Tepep Kumakuluanik pitâsimammangât. Tamatsuminga ottugausimmik atugamik kapputimmik atusot taijamik (tuberculin) imaKatillugu Kitsuidlutillu Inop uvininganik talingani. 48-inik – 72-mut sitondet anigummata paitsijimut kamagijaugiaKanialidluni Kitsutausimajop ininga pullijumik sitijuttaKalimmangât. Tamanna TST-mik ottutaugusik tepeKammangât 'pitaKannigattisisok' Kanutuinnak angitigijumik pulliKalippat kapittauviusimajumi.

Kanuk tukiKavâ TST-mik ottutaugusiga pitaKannigâtsipan?

TST-mik ottutausimallutit pitaKanigâtsipat tukiKalungituk KanimmasiKajutit tepemik. Ilonnâgugalak tukiKavuk Kangakiak inosinni TepeKajuneKattasimajutit tâvatualli Tepep Kumakulungit timinnejuit omalungituit sinittojâttut; tamannalu taijaudluni Latent TB Infection (LTBI) taggalu TepeKanigâttak siammatitaugunnangitumik, sinittojâttumik. Taimaigaluattilugu, kamagijautsiagumamut takujattujutsauvutit ânniasiutimik paitsijimillonet.

KimiggutaugiaKagajakKutit paitsijimut, ânniasiutimullonet ottugattaugiallalutit aungitaunikkut, X-ray-taunikkut, ugiannilu piuliukKainikkut Kaujijautsiagasuamut pitaKajutit LTBI-mik Kanimalungitutillu tepeKallutit siammatitausomik. PitaKaguvit LTBI-mik, ejatsatâkKujaugajakKutit tânna LTBI ommagianga ungumattauKullugu. Taggalu siammatitausongulluni Tepegunnialittilugu taggalu ilinnik Kanimatitsililluni.

kinakkut ottutaujutsaungiton uvinimmigut TepeKammangâta?

- kinatuinnak TST-mik pitaKasimajuit sivungani.
- kinatuinnak siammatitausomik TepeKasimajuk sivungani kamagijaugiaKaKattasimajullonet pitaKagami LTBI-mik
- kinatuinnak timinga piungilisok kapittauguni imattalimmik taijamik "tuberculin" timingalonnet piungilisok kapittauguni taimaittop kapputiup imattanganik pitaliup.
- kinatuinnak pimmagittuk otâsimajuk, excema-lik uvinimmigullonet piungituttalik TepeKammangât ottutaupvisangata iningani.
- kinatuinnak kapittausimajuk mânnaujuk KanimmasiKagami (sollu ukuninga: taijanik MMR, shingles, chickenpox) 4 (Sitamait) wogget sivungani uvininga kamagijaukKâtinnagu TepeKammangât. Taitsumanitsainak kamagijaunningani uviningagut TepeKammangât kapittaugajammijuk. Taitsumanitsainak ullumi kamagijangipat, uivingagut TepeKammangât kamagijaugiaKangituk sitamanilonnet woggini, kapittausimakKâluni. kapittaugunigok uviningagut TepeKammangât kamagijausimanninga takutsausiagajangituk.
- kinatuinnak pimmagiujumik KanimmasiKasimajuk (sollu ukuninga:taijanik mononucleosis, mumps, measles) takKimi Kângittumi.

Kanuingilak, ikKanattovullu uvinikkut kamagijauguvit TepeKammangâppit:

- NutagatsaKaguvit,
- Amâmattisiguvit,
- Siagu kapittauKattasimaguvit taijamik BCG,
- Sitamani woggini Kângittuni kapittausimaguvit,
- ânniasiutiKaguvit taijanik, 'low-dose steroids'.

kinatuinnak pimmagiulualungitumik KanimmasiKasimajuk, sollu nuvasimajuk, takKimi Kângittumi uviningagut kamagijaugunnatuk TepeKammangât.

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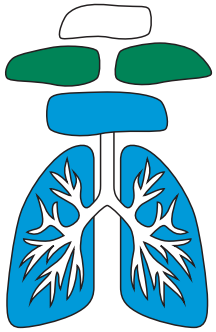

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FACT SHEET

Tuberculosis (TB)

What is Tuberculosis (TB)?

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. TB can be treated and cured.

How is TB spread?

You cannot get TB from touching things like doorknobs, clothing or by shaking hands with someone who has active TB. TB is most often spread to close friends and family members of people who have active TB disease and do not know they have it. You cannot get TB from someone who has latent TB infection.

People become infected with TB by inhaling germs that are released into the air when a person with contagious TB disease sneezes, coughs, laughs, sings, or otherwise forcefully expels air from their lungs. Close contacts (e.g. people who live in the same house) are most likely to become infected.

What are the symptoms of TB?

The common symptoms of TB are:

- cough that lasts for more than 3 weeks
- night sweats
- fever
- weight loss
- coughing up blood
- feeling unusually tired

Remember – if you or someone you care about is having these symptoms, THINK TB and get tested! You can get tested for TB at your local public health office.

What is the difference between latent TB infection and active TB disease?

If you have latent TB infection it means that the germ is not growing in your body, it is not making you sick and you cannot spread it to others.

If you have active TB disease, it means the germs are growing in your body. This will make you feel sick and you may be spreading it to others.

Can TB be cured?

Yes. Active TB disease can be cured with medication. These medications can also prevent latent TB from turning into active disease. Each dose of medication is given by a healthcare worker in your home community.

How can you be tested for TB and what can the TB test tell me?

The TB skin test is a tiny needle in your forearm. Many people have had a TB skin test before. The skin test must be checked by a nurse 48-72 hours [2-3 days] after it is given, to find out the results. A positive TB skin test means you may have been in contact with someone who has active TB disease. It does NOT mean you can spread TB to others. You will need more tests such as a chest x-ray and sputum collection to make sure you do not have active TB disease.

Do I have to pay for my medicine?

No. The medications are provided, free of charge.

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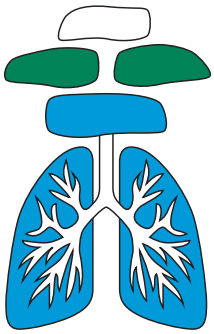

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Kaujisautik

Tepek (TB)

Sunava Tepek (TB)?

Tepek (TB) Kanimausiujuk sakKitijaumatluni Kanimmasittigut siammatijausimatluni inummit inummut anittiginnikut. Tepek (TB) piluamagiKattatuk puvattigut, tavatuak asinginnik timittini pillagiummijuk, sollu Kagitakkut, tattukut, kujapigakkulonnet. Tepek (TB) ânniasiutittaugunnatuk âkKitausongutlunilu.

Kanuk Tepek (TB) siammatijauKattavâ?

Tepettâgunangilatit attuinikkut ukkuap tigummitiginnik, annugânnit, tigullitotinnikullonet (TB) tepettumik. Tepek (TB) siammatijauluaKattatuk ilannânut ilannulonnet tepettop Kaujimagatillu KanimmasiKannimik. Tepettâgunangilatit kinamillonet tepeKajumit siamatittaugunangittumik.

Inuit KanimmasitâKattatut (TB) tepemik nuigiattaunikkut siammatijaummata anittiginnikut tepettuk aittunattumik hâtsukegami, Kuittugami, ijugami, tutsiagalannimi anittigigamilonnet puvannit. katingaKatingit (sollu: Inuit iniKajuit illumeKatigetlutik) Kanimmasittâgajattut.

Sunauvat malunnautet tepeKannimik?

Malunnauluatut tepeKannimik:

- KuittuKattanik 3-nik voginik ununnisanik
- unnusami kiatsiuKattanik
- timet onattonik
- saluliuminnik
- aungijaunik KuittuKattanik
- mingutusagaittolinnik

IkKaumallutit – Iffit asellonet ikKagijait malunnautiKappata taimaittunik ISUMAGIT TB-mik, kamagijaugiattulutit! kamagijausonguvutit tepeKammangâppit anniasiupvimi nunagijanni.

Kanuk atjigiungitovâk KanimmasiKatluni siammatitaugunnangittumik siammatausomik tepemmik?

Siammataugunnangittumik tepeKaguvit tukiKajuk Kanimmasik pigukatangituk timinni, Kanimmatitsingitullu ilinnik siammatigunnalunnagulu asinnut.

Siammataugunnatumik tepeKaguvit, tukiKajuk Kanimmasit pigukatajut timinni. Kanimmasillutit, asinnut siammatitlugulu.

Tepek ÂkKitausonguvâ?

Âh. Siammatitausot tepek Kanimmasik âkKitaugunnatuk ânniasiutittaunikkut. Taikkua ânniasiutet nukKatitsisot siammagunnangittunik siammatittailitlugit. Ilonnangit ânniasiutet Kaitaugialet paitsijimmut nunatsini.

Kanuk kamagijaugiaKavit tepeKammangâppit, Kanuk kamagijaunnik KaujisagunnaKingâ?

Tepek uvinikkut Kaujisattaugialik mikijumik mikKutimmik atutluni aggautikkut. Unuttuit inuit kamagijausimajut Kaujisattautlutik. Uvinikkut Kaujisattaunik kamagijaugialik paitsijimmut 48-ini-72-inut sitontini [2-nik-3-nik ulluni] kamagijaukKâtluni, Kaujisagasuallutik Kanuimmangât. TepeKaguvit kinamikkiak tepetâsimavutit. Tukilik siammatitsilungitutit asinnut. kamagijaugiallagiaKavutit x-ray-taulutit sagvikut, ugiannilu âtsilutit Kimiggugatsanik tepeKammangâppit.

AkilegiaKavingâ ânniasiutinik?

Auka. Ânniasiutitsatit Kaitausot akiKagatik.

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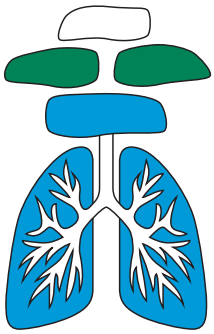

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FACT SHEET

Tuberculosis (TB) and Smoking

Is there a connection between TB and smoking?

- Yes! Smoking damages the lungs and can make smokers more susceptible to TB infection;
- Smoking harms the body's immune system, so smokers are less able to fight TB infection;
- Smoking decreases the effectiveness of TB treatment which can mean it is harder to kill the TB germs so longer treatment is needed;
- Sharing of drug paraphernalia, third lungs, bongs and cigarettes will increase the risk of spreading TB disease.

Does smoking increase the risk of becoming infected with the TB bacteria?

- Yes. If smokers breathe in TB germs, they may be up to three times more likely to develop latent TB infection than non-smokers;
- The risk of infection increases the more you smoke and the longer you have been a smoker.

What should I do if I have TB infection and smoke?

- Smoking is associated with more severe disease and can cause more damage to your lungs, so quitting is a very good action you can take if you are diagnosed with TB;
- Quitting smoking will also help your treatment for latent TB infection be more effective.

What about second-hand smoke exposure?

- Exposure to second-hand smoke increases the risk of TB and LTBI.

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Kaujititsiutik

Tepek (TB) SupukkaKattanillu

AtagutiKavâ TB supukkaKattanillu?

- Âh! SupukkaKattanik sukkuiKattajuk puvannik, supukkaKattajunillu atuinnaunitsautitsivuk TB Kanimmasinganik pitâgianginnik;
- SupukkaKattanik sukkuiKattavuk timiup Kanimmatailiutinginnik, taimaimmalu supukkaKattajuit timingit pikatagunnanginitsauvut pitâttailigiamik TB Kanimmasinganik;
- SupukkaKattanik nukegutiummititsiKattavuk sollu ejattomagasuannimik TB ânniasiutinginnik, tukiKalluni ajunnanitsauluak âkKisigasuagianga TB Kanimmasinginnik taggalu akuniunitsamik ânniasiutittomagialik;
- AtuKatigennik talannatunik, Kanuittutuinnanik supukkanimmi, sikarettuKattanilu ilimanatsiumititsigunnaKut siammatitsigiamut TB Kanimmasinganik.

SupukkaKattanik ilimanatsiumititsigunnaKâ Kanimmasittâgiamut TB Kanimmasinginnik?

- Âh. SupukkaKattajuit anittigippata TB Kanimmasinginnik, pingasuittugiallalutik ulugianattumennisauvut pitâgiamik TB Kanimmasinganik tâkkunangat supukkaKattangitunit;
- Ulugianattumegunnanik Kanimmasittâgiamik sugaluliummisonguvuk ununnisanik supukkaKattaguvit akuniunitsamik supukkatiusimaguvit.

Kanuk pijutsauvingâ TB-mik KanimmasiKaguma, supukkatiugumalo?

- SupukkaKattanik atagutiKavuk sugaluluattunik KanimmasittâKattagiamut sukkuiluagunnalunilu puvannik, taimaimmat piujummagiugajakKuk nukKagasuaguvit Kaujijausimaguvit TB-Kajutit;
- SupukkaKattanimmik nukKaujinnik atunnisaugajattuk ânniasiutittauninni siammatitaugunnangitumik TB-mik KanimmasiKaguvit.

Tamannalittauk supukkajuit akunganeKattaluni isinginnut?

- Supukkajuit akunganelluni isinginnut sugaluliummititsisonguvuk ulugianattumennimik pitâgiamik TB-mik, aulangitunillu TB-nik.

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FACT SHEET

Tuberculosis (TB) Surveillance

You are at risk for Tuberculosis disease and you have been placed on TB surveillance.

What is TB surveillance?

TB surveillance is the practice of assessing people for signs and symptoms of Tuberculosis disease at regular intervals for a set period of time.

What is the reason for TB surveillance?

TB surveillance is used to watch for active TB disease in people with untreated latent TB infection (also known as sleeping TB) and people who are at risk for relapse of active TB disease. Finding active TB disease early is important because it helps to prevent or interrupt the spread of TB, and people who are diagnosed earlier have better outcomes.

What is done during a TB surveillance assessment?

During a TB surveillance assessment you will be asked:

- About your TB symptoms you may have experienced since your last exam
- To produce three (3) sputum samples
- Have a chest x-ray done

How long will I be on TB surveillance?

You will be followed up as often as every six (6) months, for a total of two (2) years.

You are due for your next TB surveillance examination:

Date: _____

Location: _____

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Kaujisautik

TepeKammangât (TB) kamagijaunnik

IlimanattoKagavit Tepemik KanimmasiKagiamik taggalu TepeKammangâppit kamagijaunialikKutit.

Sunauvâ TepeKamangâ TB kamagijaunnik?

TB-Kamangâmmi kamagijaunnik kamausiuvuk inunnik malunnatuKammangâta pitaKammangâtalu Tepep Kanimmasinganik, kamagijauKattalutik kamagijaugiaKaligutik.

Summat TepeKammangâta kamagijaugiaKavâ?

TepeKammangâta kamausiujuk kamaKattavut inunnik TepeKammangâta siammatitausomik TepeKammangâtalonnet siammatitaugunnangitumik (taijaujumik sinittumik) inunnilu ilimanattunik TepesimakKâlutik Tepettâgiallagianginnik. Tapvainak Kaujigiak Tepemik KanimmasiKattuKammangât ikKanattovuk ikajugunnamat siammatitsitailigiamik ungumagiamillonet siammatitaunninganik Tepe, piunitsausongummalu inuit KaujijausagaiKattapata.

Kanuk piKattaKat TepeKattuKammangât kamagijaujuKanningani?

kamagijaujuKanningani TepeKattuKammangât apigijaugajakKutit

- Tepegijait KanuitsimakKomangât kingulipâmik kamagijaulaunninit
- Pingasunik (3) ugiattusimajannik katitsuiKujaullutit
- X-ray-taukKujaullutit

Kanuk akuniutigijumik TepeKammangâmma kamagijaugajakKingâ?

kamagijaKattagajakKutit sâksit (6)-it takKet nâppata tamât, katillugit maggonik (2)-nik jârennik.

kingullimik TepeKammangâppit kamagijaulâkKutit:

Ullunga: _____

Nani: _____

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What to expect if you are a TB Contact

What is a TB Contact?

A TB contact is someone who has been exposed to someone with active Tuberculosis (TB).

Your health care provider has reason to believe that you have spent time with someone who has active TB disease and may have breathed TB germs into your lungs.

It is very important for you to be tested for TB:

- Your healthcare provider will arrange for you to have a Tuberculin Skin Test (TST) if you have never had a positive TST in the past.

What if my TST is positive?

- If your TST is "positive," you have TB germs in your body. You will need to provide samples of your sputum and have a chest x-ray to determine whether you have Latent TB infection (LTBI) or Active TB disease.
- If you have any symptoms of TB you will also be asked to provide samples of your sputum and have a chest x-ray.
- Symptoms of TB can include:
  - cough for 3 or more weeks,
  - fever,
  - weight loss,
  - chest pain,
  - night sweats, and/or;
  - blood in your sputum (phlegm).

What if my TST is negative?

- If your TST is "negative," you probably don't have TB germs in your body. However, your body can take up to 8 weeks to recognize that you have been infected therefore the TST may need to be repeated several weeks later to be certain.
- Young children or people with HIV or certain health problems are more likely to develop active TB disease than other people. They may need to take medicine to prevent TB even if their TST is negative.

What if I have LTBI?

- If you have LTBI, you will be offered medicine to kill the TB germs unless there is a reason to believe you shouldn't take the medication. Reasons can include such things as liver disease or allergy to the medication.
- If you have LTBI, you are not infectious, and you can't spread TB to other people.

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How will I know if I have active TB?

- Your healthcare provider will contact you if you require a Tuberculin Skin Test (TST), sputum samples collected, and/or chest x-ray.
- If you have active TB disease you will need to take medication to cure the disease and prevent it from spreading to your family and friends.

What if my tests are positive?

- If your tests are positive you will be contacted by your healthcare provider for healthcare options.

What if my tests are negative?

- Your health care provider will advise you on whether or not you need another test in the near future.

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Kaujititsiutik

Sunamik nigiujutsaumangâppit Tepelimmik Kanitanganesimaguvit

Sunauvâ Tepelimmik Kanitanganennik?

Tepelimmik Kanitanganennik kinatuinnamik Tepelimmik siammatitausomik (TB).

Ânniasiutet isumaKagunnaKuk Kanitanganesimanninik kinamikkiak siammatitausomik Tepelimmik taggalu anittigisimagajattutit Tepep Kumakulunginnik puvannut.

IkKanattumagiuvuk kamagijauguvit TepeKammangâppit;

- Ânniasiutet kamagajakKuk atulluni taijamik Tuberculin Skin Test (TST), tamanna kamausik TepejuKammangât talikkut Kitsutaudlutik, taimâk pijausimalautsimangikkuvit.

Taggali TST-mik kamagijaunniga Tepemik pitaKannigâtsipat?

- Taimâk TST-mik Kitsutaullutit kamagijaunnet "pitaKannigâtsipat," Tepep Kumakulunginnik pitaKavutit timinni. Taggalu ugiattugiaKagajakKutit X-ray-taulutillu Kaujijaugasuamut Siammatitaugunnangitumik (LTBI) Siammatitausomillonet TepeKammangâppit.
- TepeKakKoguvit ugiattuKujaugajakKutit, X-ray-tauKujaullutillu.
- Tepelet ilusingit:
  - KuittuKattanik pingasunik ununnisanillonet vogini,
  - timet unattoluni,
  - uKilliumillutit,
  - sapvet ânniaKattaluni,
  - unnuami kiatsiusongullutit, ammalu/ubvalu;
  - ugiat auKalluni (nuvanni).

Taggali taimâk TST-mik kamagijaunniga pitaKanginigâttaupat?

- TST-mik kamagijaunnet "pitaKanginigâtsipat," taggagok pitaKangilatit Tepep Kumakulunganik timinni. Taimaigaluattilugu, timet KaujigasuagajakKuk pitaKamanggâppit âttani woggini taimaimmalu TST-mik kamagijaunnik pijaugiallagiaKagajattuk Katset wogget anigusimalippata, kamatsiagasuamut.
- Jârikinnisait suguset inuilonet HIV-let ubvalu sunamikkiak Kanimmasilet, TepettâsagainnisaugajakKut asinginnit Inunnit. Taggalu ejattomagiaKagajakKut Tepettâtailigiamut kamagijaunninga TST-mik Kanuingikkaluappat.

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PitaKagumali LTBI-mik?

- PitaKaguvit LTBI-mik, aittutaugajakKutit ejatsanik tuKutsijutsanik Tepep Kumakulunginnik kisiani isumagijauguvit summakiak tamakkuninga ejatugiaKangitutit. Sollu imâk piguvit tingullutoguvit ejatsanillonet atugunnangikkuvit.
- Pitakaguvit LTBI-mik, pitaKalungilatit piungitumik, siammatitsigunnangilatillugu Tepemik asinnut inunnut.

Kanulli KaujigajakKingâ pitaKajunga siammatitausomik Tepemik?

- Ânniasiutippit KaujitigajakKâtit kamagijaugiaKaguvit Tuberculin Skin Test (TST-mik), ugiannik âtsigiaKaguvit, ammalu/ubvalu x-ray-taugiaKaguvit.
- TepeKaguvit siammatitausomik ejattomagiaKagajakKutit âkKisisonik siammatitsitailikKulutillu ilannut, ilannânulu.

kamagijaunnikali pitaKannigâppata?

- kamagijaunnitit pitaKannigâtsippata KaujititaugajakKutit ânniasiutinnut uKautijaullutit Kanuk kamagijaugiaKamangâppit.

kamagijaunnikali pitaKanginigâppata?

- Ânniasiutippit uKautigajakKâtit kamagijaugiallagiaKamangâppit siagugiangulippat.

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Window Period Prophylaxis (WPP)

What is window period prophylaxis (WPP)?

Window period prophylaxis (WPP) is treatment given to prevent tuberculosis disease (TB) in an infant or young child who had repeated or lengthy contact with a person with active TB.

People become infected with TB by inhaling germs that are released into the air when a person with active TB sneezes, coughs, laughs, sings, or otherwise forcefully expels air from their lungs. Close contacts (e.g., people who live in the same house) are most likely to become infected.

Who should have WPP?

WPP is usually recommended for infants and children less than 5 years of age who:

- Slept in the same home as a person with active TB.
- Were cared for by a person with active TB (e.g., grandparent, aunt/uncle, babysitter, daycare worker).
- Lived in or visited a place where a person with active TB was often present.

Why is WPP necessary?

WPP is necessary because young children can develop very serious forms of TB within a few weeks of inhaling TB germs including:

- TB meningitis (TB disease affecting the brain).
- Disseminated TB (TB affecting different parts of the body).

Why are young children at higher risk?

Young children are at higher risk for TB because their immune systems are still developing and are not strong enough to protect them. Also, people like to hold, cuddle, kiss and sing to small children and babies, therefore if they have been in close contact with a person with infectious TB.

What is the treatment?

Treatment is an antibiotic, Isoniazid (INH) and a vitamin supplement (vitamin B6). Doses are observed by a healthcare worker.

How long is WPP Treatment?

The length of treatment depends on the child's tuberculin skin test (TST) results and the age of the child. Usually two skin tests need to be done at least 8 weeks apart and if the second test is negative treatment can be stopped. Treatment will vary depending on the age of the client.

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Kallunâtitut Taijak Window Period Prophylaxis (WPP)

Sunauva taijak window period prophylaxis (WPP)?

Tamanna taijak Window period prophylaxis (WPP) ânniasiuttaugusiuvuk tepettâtailititsigiamik nutaganik sugusiaggulanilonnet atausialugatik akunillonet ilaKaKattasimalittunik inunnik Tepelinnik.

Inuit Kanimmasittâsonguvut Tepemik anittigisimagutik Kumakulunginnik Tepep siammatitausonik inuk Tepelik hâtsikeppat, Kuittupat, ijuppat, tutsiagalappat, silammulonnet anittigippat puvamminit. Kanittovigillugit ilaKasimannik (sollu: tâtsumanitsainak illumeKataugutik) ilimanaluasot Kanimmasittâgiangit.

kinakkut ânniasiuttaujutsauvat WPP-mik?

WPP-mik ânnasiuttaunik piusigijaukKujauluasonguvuk nutaganut, sugusinullu tallimanit jârikinnisanut imaittunut:

- Sinittasimajunut illumi inuttalimmut Tepelimmik.
- Paigijausimajunut inummut Tepelimmut (sollu, anânatsiaminut/atâtatsiaminut, ajâtsuminut/angâtsuminut, paitsijimminut, ullotillugu paigijaupvimi suliaKattimut).
- IniKasimajumut pulâgiasimajumullonet inop Tepeliup inigiKattasimajangani.

Summat WPP-mik ânniasiuttaujutsân?

WPP-mik ânnasiuttaujutsait jârikinnisait suguset piungitummaginnik Tepettâsongummata ikittut wogget iluani anittigisimagutik Tepet Kumakulunginnik ukua ilauKasiutillugit:

- Taijamik TB meningitis (Tepemik KanimmasiKannik Kagitammigut).
- Taijamik Disseminated TB (TepeKannik naukkutuinnak timimmigut).

Summali jârikinnisait suguset ilimanattumeluasonguvân?

Jârikinnisait suguset ilimanattumeluasongujuit Tepettâgiamik timingata Kanimmasimmik ungumasongunningit suli pigutsamata pitsakiluadlamatalu timinganik paitsisiasongugiamik. Ammaluttauk, inuit piutsajuit tigumiagiamik, iKisimiagiamik, kuninniagiamik, tutsiagalapviKagiamik sugusiaggulanik, nutaganillu, taggalu KanittoviKadlutik ilaKasonguvut inummik Tepelimmik.

Sunauvâ tamatsumunga ânnasiuttaugutik?

Ânniasiuttaugutinga Kanimmasittâgekkutik, taijak Isoniazid (INH) timimmulu Kanimmasittâgekkutik taijak (vitamin B6). Ânniasiutet kamasot Katsitut esigiaKammangâta.

Kanuk akuniutigijumik WPP-mik ÂnniasiuttaugutiKasot?

Kanuk akuniutigijumik ânnasiuttaugutiKasongummangâta tungaviKasok Kanuk sugusiup kamagijausimanninga talingagut Kitsutaudluni (TST) pisimammangât KatsiKalimmangâllu sugusik. IlusiKaKattamijun - ikua magguitudlugit talingagut Kitsutautitsidlutik (8)-nik âttait wogget iluani, aippâni Kitsutaunnigijanga Kanuingipat nuKautiKattadlugit. Ânniasiuttaugusigijangit tungaviKaKattagivut kamadlutik KatsiKalimmangât ikajuttaugialik.

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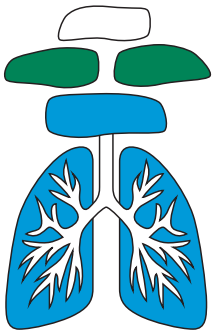

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