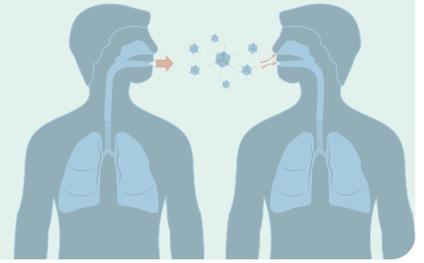


TB Disease

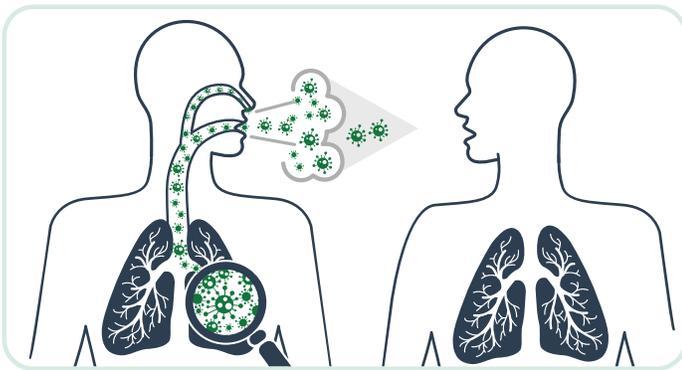
Your tests show you have tuberculosis, or **TB disease**.

- Medication can **cure TB**.
- Some people with **TB disease** can spread TB to other people.



How did I get TB?

Anyone can get TB. When someone with TB in their lungs coughs, sneezes or talks, TB germs go into the air. Anyone close by can breathe the germs into their lungs. You cannot get TB from shaking hands or from food, dishes, clothes or other objects.



When the TB germs got into your body, they went “to sleep.” “Sleeping” TB germs do not make you sick. This is called “**latent TB infection**” or “**LTBI.**” LTBI can last for a short time or many years. You got sick from TB when the germs “woke up” and started to grow. This is called **TB disease**.

How do doctors test for TB?

A TB skin test or blood test is used to find out if you have latent TB infection.

A chest x-ray is done to find out if the TB germs have hurt your lungs.

Sputum is the coughed-up material from your lungs. It is tested to find out if TB germs are in your lungs.

How does TB disease affect my body?

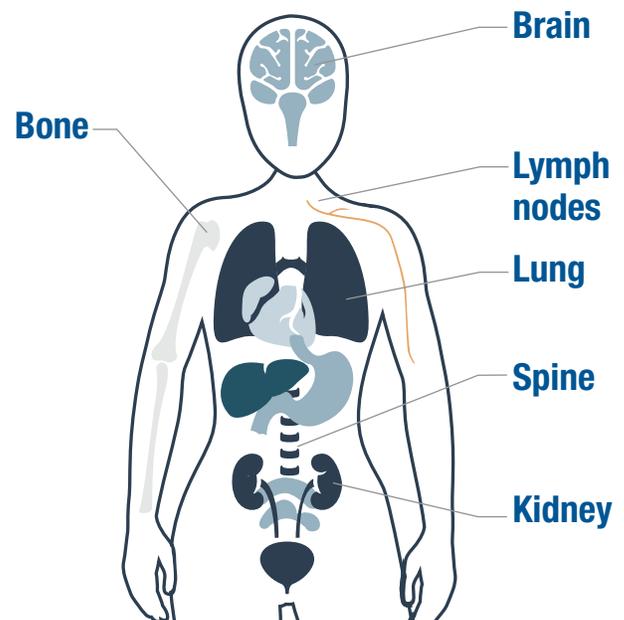
TB disease usually affects your lungs (pulmonary TB). TB can hurt other parts of your body too.

If you have TB disease in your lungs you might:

- Cough for many weeks
- Cough up blood
- Lose weight
- Not be hungry
- Sweat at night
- Have a fever
- Feel tired

If you have TB disease in another part of your body, the symptoms will be different.

Possible locations of TB disease



How can I get better?

You need to see a doctor and take TB medication to kill the TB germs.

TB germs are strong. They live a long time. You will feel better a few weeks after you start taking the medication. To make sure all the germs die, you must take the medication for at least six months and possibly longer.

It is important to see your doctor every month until your treatment is finished.

What happens if I don't take the medicine?

You must take your medications exactly as your doctor tells you to. If you do not take the medication correctly, your TB could become stronger. You might become sick again or need medication for a longer time.

What is DOT?

“DOT” means directly observed therapy. DOT is when health care workers see you every day to give you TB pills. This is the best way to make sure you get all the medication you need. If there is a problem with your medication, it can be fixed right away.

Can I spread TB to other people?

If TB is in your lungs, you must be careful to protect other people from the TB germs. If TB is in other parts of your body, the TB germs cannot spread to other people.

Ask your doctor or nurse whether you can spread TB to others. They will tell you how to protect people close to you.

Your doctor or nurse will tell you when you can return to work, school or other activities.

Remember ... TB can be cured!

What else should I know?

Tell your doctor or nurse if you plan to move. They can make sure you get TB medicine after you move.

What should I know about TB medicine?

The medications are safe, but some people have problems. It is very important to let your doctor know if you have any of these symptoms:

- » Vomiting, pain in stomach
- » Poor appetite
- » Nausea
- » Yellow eyes or skin
- » Tingling fingers or toes
- » Tingling or numb mouth
- » Blurred vision or change in your vision
- » Dizziness
- » Joint pain
- » Fever for more than three days
- » Skin rash
- » Bleeding or bruising easily

Don't drink beer, wine or liquor while taking TB medicines.

Clinic/doctor/nurse:

Phone number: _____

Your TB pills are:

- Isoniazid (INH) taken _____
- Rifampin (RIF) taken _____
- Pyrazinamide (PZA) taken _____
- Ethambutol (EMB) taken _____
- Vitamin B6 taken _____
- Other: _____

Oregon
Health
Authority
PUBLIC HEALTH DIVISION
HIV, STD and TB Section