

Anyone can get TB

Some people are at higher risk for TB infection and/or disease and should be tested. These people include those who:

- Are in close contact with someone with TB at home, work, or school
- Recently arrived from or visited a country with high rates of TB
- Have HIV infection
- Have weakened immune system due to diabetes, renal disease, cancer, arthritis
- Have old TB on chest x-ray (inactive disease) not treated completely in the past
- Are malnourished, homeless, alcoholic, injection drug user

Estimated TB incidence rates, 2004



Estimated new TB cases (all forms) per 100,000 population



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Individuals who had the BCG vaccine can still get TB

The BCG vaccine is used in countries where TB rates are high. It helps protect babies and young children against the most severe form of the disease. The BCG vaccine does not protect adults against active TB disease.

REMEMBER TB IS:

Preventable

Treatable

Curable

Speak to a doctor or a nurse,
or call Peel Public Health at
905-799-7700.

www.peel-stoptb.ca
www.peelregion.ca/health

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Tuberculosis (TB)



Together we can
STOP TB

What is TB?

TB is a disease caused by a bacteria (germ) which is spread from person to person through the air.

TB usually affects the lungs, but it can affect other parts of the body.

TB is treatable. However, without proper treatment, TB can be fatal.

 **Region of Peel**
Working for you
Public Health

TUBERCULOSIS

How is TB spread?

When a person has TB disease in their lungs or throat, they can spread the germ into the air by coughing or sneezing.

Anyone who breathes in this air can become infected with the TB germ.

A person who has been in close prolonged contact with someone who has TB disease may become infected.

TB is not highly contagious. However, if you think you have been exposed to someone with TB, visit a doctor.



TB is NOT spread by:

- shaking hands
- sharing food or drinks
- sharing plates, cutlery and cups
- bed linens
- toilet seats
- sharing tooth brushes
- kissing
- smoking or sharing cigarettes

Not everyone infected with the TB germ becomes sick. There are two conditions related to TB: **latent** TB infection (LTBI) and **active** TB disease.

LATENT TB INFECTION (LTBI)

What is latent TB infection (LTBI)?

A person with LTBI does not feel sick and does not have any symptoms, but usually has a positive TB skin test.

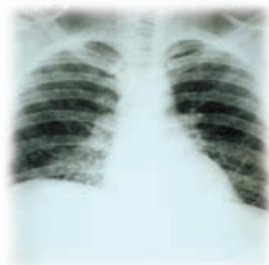
A person with LTBI is not contagious and cannot spread TB infection to others.

What is a TB skin test?

A TB skin test will show if someone has been exposed to the TB germ and produced antibodies. It is not a vaccination or a blood test.



Further testing such as a chest x-ray and a doctor's exam may be done to make sure that a person does not have active TB disease.



Taking medicine to prevent active TB disease

A person with LTBI can take medicine to prevent them from getting sick with active TB disease in the future. Medicine must be taken every day for at least six months as instructed by a doctor.

Always keep a record of your TB skin test result and any TB medication taken.

ACTIVE TB DISEASE

What is Active TB disease?

When the body's immune system becomes weak, the TB germ may become active, start to grow, cause damage and make a person feel sick.

TB can affect any part of the body. When the TB germ is in the lungs or throat it can be spread to other people.

Signs and symptoms of active TB disease.

- cough lasting more than two weeks
- fever
- night sweats
- feeling tired
- coughing up blood
- weight loss
- unexplained pain that won't go away

Taking medicine to cure active TB disease

Active TB disease can be treated by taking several TB medicines. The medicine must be taken for at least six months.

If a person with active TB disease stops taking their medication too soon, the germs become resistant. The person will become more ill and need stronger medication to be cured.



TB medicine is free. Talk to a doctor about it.