Protect Others. Protect Yourself.

Cough or sneeze into your arm

Use a tissue and then throw it away

For good hygiene wash your hands

CS221396-B

What You Need To Know About TB

What is Tuberculosis (TB)?

TB is an infectious disease that usually attacks the lungs, and, if left untreated can be deadly.

How do you get TB?

TB is spread person-to-person through the air when an infectious person coughs or sneezes. That is why everyone should cover their nose and mouth when they cough or sneeze. **You cannot get TB by shaking hands, hugging, or by sharing food, glasses, or cigarettes.**

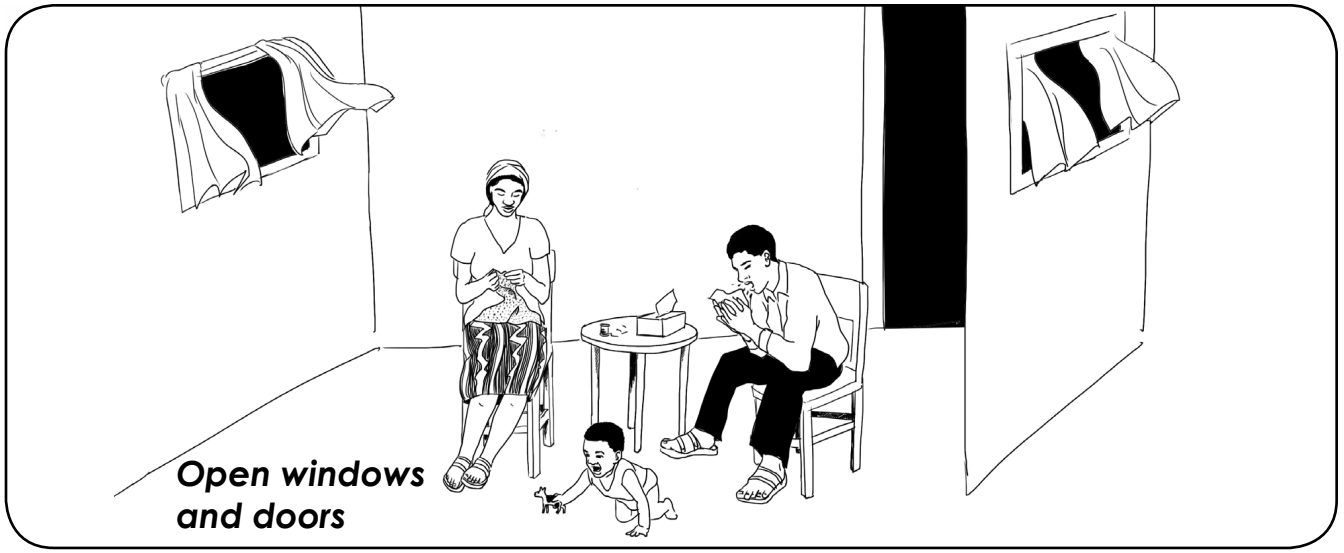
Can anyone get TB?

Yes, anyone can get TB but persons at increased risk are those with:

- HIV/AIDS
- Diabetes
- Cancer
- Or take certain medications that lower their ability to fight off infections

Can TB be cured?

Yes, TB can be cured with TB medicine prescribed by a healthcare provider. The person must take the medicine every day until the healthcare provider says he/she is cured. It usually takes many months to be cured. "Natural or alternative" therapies will not cure TB.



What are some of the signs of TB?

- A cough that persists
- Fever
- Night sweats
- Weight loss without trying to lose weight

These signs left untreated, put you and your family at risk. Anyone with these signs should cover their cough and go to the clinic to seek care promptly. The sooner you are treated, the sooner you can be cured.

The best way to prevent TB is to encourage people with TB signs to go to the clinic for treatment.

If I or someone in my family has TB what can we do to protect others from TB?

- Cover all coughs and sneezes with a tissue, handkerchief, or inner arm.
- Dispose of tissues in a trash bin. Wash handkerchiefs after use.
- At home, open the doors and windows. The clean air flowing through the house can blow TB germs outside.
- Encourage persons on TB treatment to take all TB medications daily and not skip doses.
- Persons on TB treatment should check with the healthcare provider before stopping any TB medications.
- Tell your healthcare provider if you live with or are in close contact with someone who has TB. You may need to be screened for TB.