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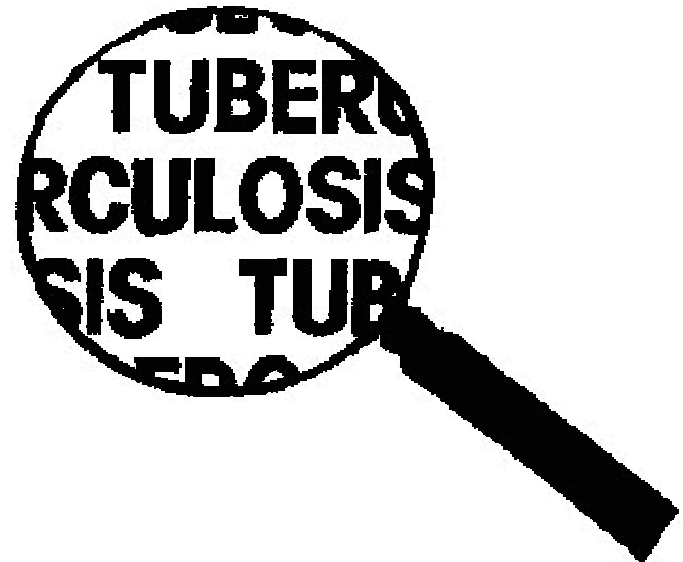
Reference: Tuberculosis, What I need to Know
Pamphlet from Ottawa Public Health

810-07E-09

Hôpital Glengarry
Memorial Hospital

Tuberculosis

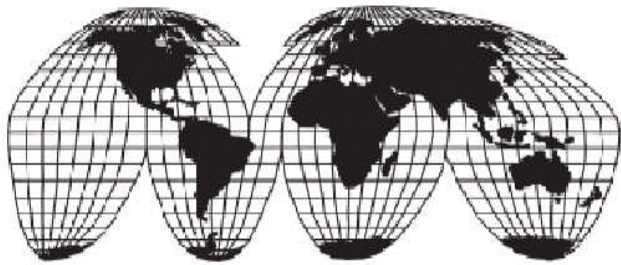
What I Need to Know



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Introduction

Tuberculosis (TB) is not new. It is a serious disease all over the world.



Learning about TB will help a person to know what to do to stay healthy.

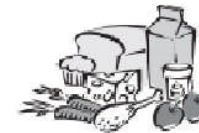
TB Prevention

- The medicine must be taken every day for 9 to 12 months exactly as the doctor says.
- Taking the medicine kills the germs inside the wall before the person is sick.



Stay Health:

eat healthy foods



get a good night's sleep



use tissue when coughing or sneezing



wash hands often foods



open windows for fresh air



see a doctor or a nurse for TB testing



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

A person may:

Not want to eat



Lose weight

Feel very tired



Have a fever



Sweat during the night



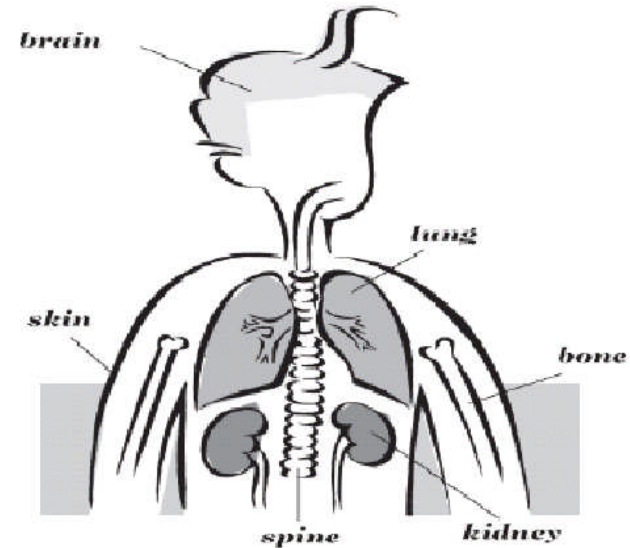
If TB is in the lung, a person may:

Have pain when coughing

Cough a lot

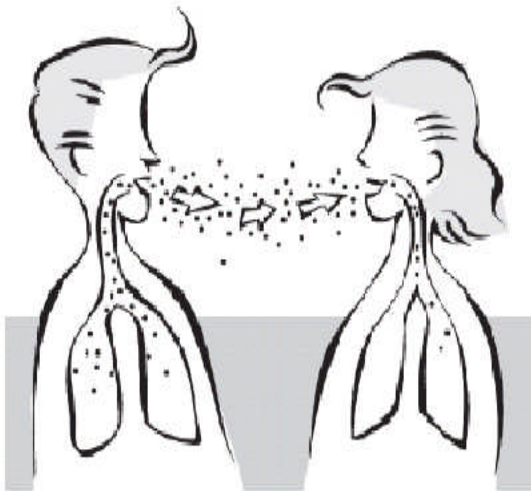


Cough blood



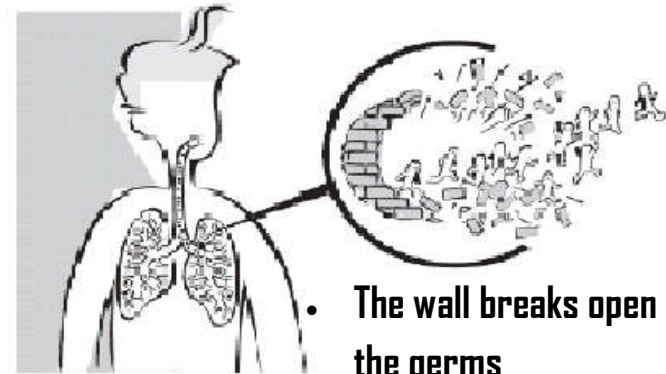
- Tuberculosis (TB) is a disease caused by a **germ**. The **germ** is too small to see.
- The **germ** goes to the lungs first, but can also go to many other parts of the body.

How does a person get TB?



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

What is TB disease?



- **The wall breaks open and the germs**
- Some reasons why the wall breaks open:
 - Stress
 - Not eating enough food
 - Other diseases such as: cancer, diabetes, HIV/AIDS
- 10% of people infected with the TB germ will get TB disease during their life.
- A person who has HIV infection gets TB more easily because the immune system is weak.
- With TB disease:
 - the germs are **growing**
 - the **person is sick**
 - the person **can give the germs** to other people



- TB can be **cured** by taking medicine for 6 to 12 months to kill the TB germs.
 - The medicine must be taken every day exactly as the doctor says.
 - If a person stops taking the medicine too soon, he/she will get sick again. Then the germs may become stronger and the medicine may not work.
- When a person is taking TB medicine, it is important to go to the doctor's appointments.
- The doctor gets the TB medicine from the local Health Department. A person does not pay for it.



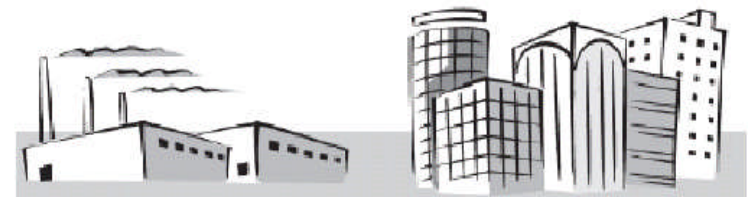
A person can get TB by being close to someone for a **long time who** has TB in his/her lungs and is coughing

Examples:

at home



at work



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

Examples:

in an elevator



on a bus



Who should not have a Mantoux Skin Test?

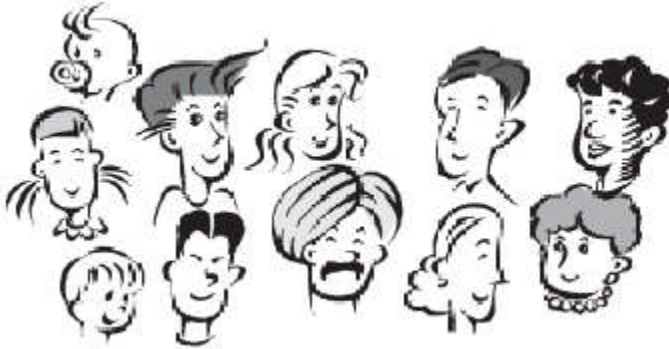
A person should **not** have a Mantoux Skin Test if he/she:

- Had the disease tuberculosis
- Had a blister caused by a Mantoux

Skin Test

- Was very sick in the past month
- Had a vaccination in the past month

Who can have a Mantoux Skin Test?



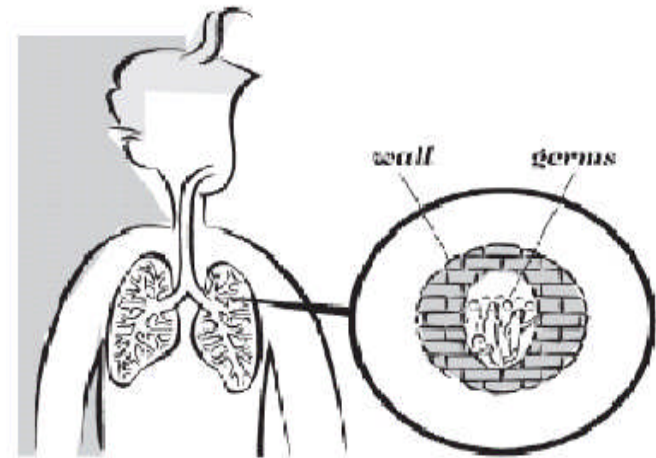
A Mantoux Test can be given to:

- Babies
- Children
- Adults, including pregnant women

BCG Vaccination

- BCG does not give complete or lasting protection against TB. It is important to have a Mantoux Skin Test to show if TB infection is present.

What is TB infection?



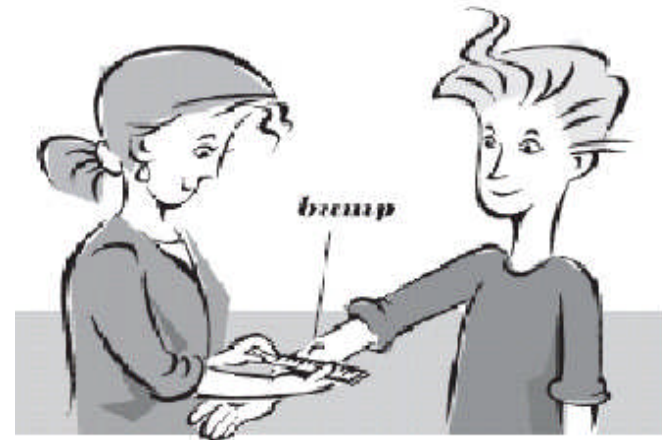
- The person's body (immune system) **builds a wall** around the germs.
- **With TB infection:**
 - the germs are **not growing**
 - the person does **not feel sick**
 - the person **cannot give the germs** to other

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



1) Have a Mantoux Skin Test

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



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

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

3) If there is a **bump** on the arm, the person goes to a doctor and has a **chest x-ray**.

- If the chest x-ray is negative, the bump on the arm means the person has TB infection - the germs with a wall around them.