

TUBERCULOSIS IN THE COMMUNITY



USING THIS FLIPBOOK

Nurses and other healthcare workers can use this flipbook to provide TB education to patients, family members and others impacted by TB. This includes people being evaluated for TB infection or TB disease and those who are starting treatment. The flipbook can also be used to reinforce educational messages for those already on treatment.

The flipbook has four sections:

- What is Tuberculosis?
- TB Infection
- TB Disease
- Special Circumstances

The *What is Tuberculosis?* section contains basic information on TB including transmission, the difference between TB infection and TB disease, symptoms of TB disease, and testing. This information should be included in most education sessions. Health care providers can then use either (or both) the *TB Infection* or *TB Disease* section based what is most relevant for each person. The *Special Circumstances* section includes information on TB in children, pregnant or breastfeeding women, and people living with HIV, so may not be relevant in all patient encounters.

Providers should:

- Select the relevant sections for each patient
- Read the text on the black and white panels while the patient views the color panels (can read language from black and white panels verbatim, or tailor as needed)
- Emphasize specific messages for each patient based on their individual circumstance
- Pause frequently to ask what questions patients have
- Provide written education materials to patients

WHAT IS TUBERCULOSIS?

TUBERCULOSIS
IN THE COMMUNITY



1

WHAT IS TUBERCULOSIS (TB)?

- TB is a disease caused by a bacteria called *Mycobacterium tuberculosis*
- The bacteria, or germ, that causes TB is spread through the air
- TB is a serious disease that if untreated can cause a person to become very sick or even die
- TB **most commonly affects the lungs** but can be found anywhere in the body including:
 - ~ Bones
 - ~ Spine
 - ~ Brain
 - ~ Intestines
 - ~ Liver
 - ~ Kidneys
 - ~ Heart

WHAT IS TUBERCULOSIS (TB)?



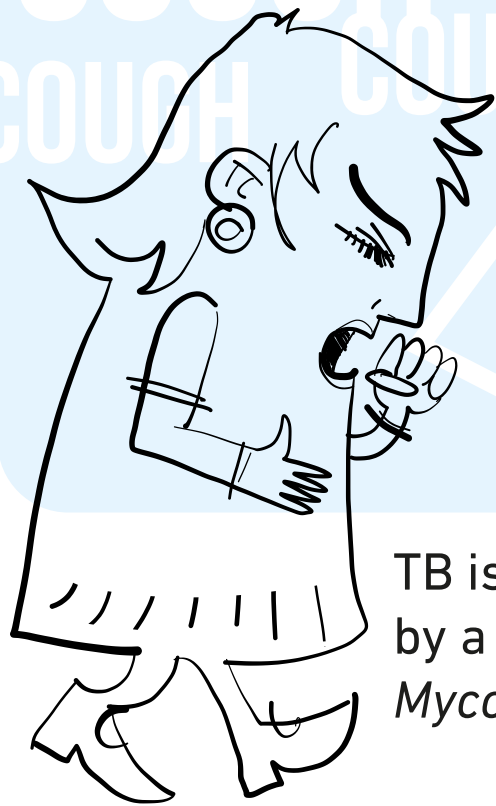
TB is a disease caused by a bacteria called *Mycobacterium tuberculosis*

TB is **most commonly found in the lungs** but can be anywhere in the body:

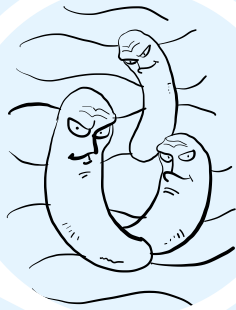


- Lungs
- Bones
- Spine
- Brain
- Intestines
- Liver
- Kidneys
- Heart

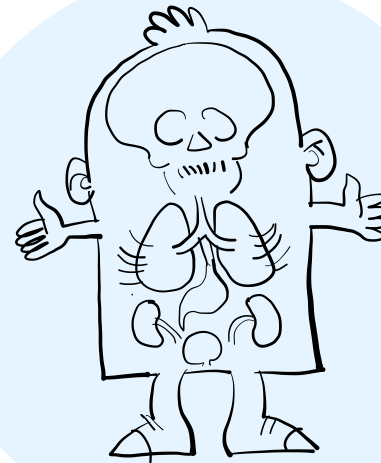
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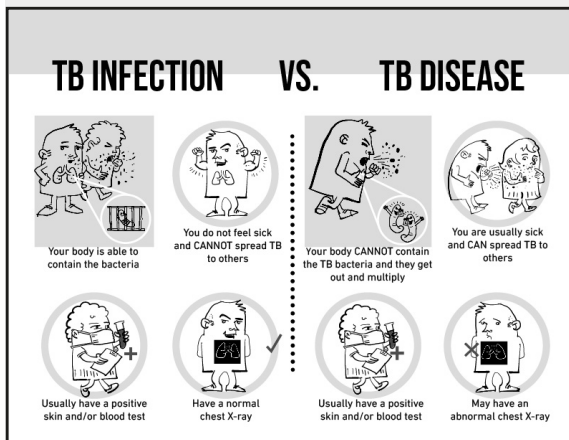


- **Lungs**
- Bones
- Spine
- Brain
- Intestines
- Liver
- Kidneys
- Heart

2

TB INFECTION VS. TB DISEASE

- There are two kinds of TB, TB infection and TB disease
- If you have **TB infection**:
 - ~ You have TB bacteria in your body but they are contained by your immune system
 - The bacteria are alive but are not active
 - Without treatment to kill the bacteria, they can get out and make you sick with TB disease
 - ~ You do not feel sick and CANNOT spread TB to others
 - ~ You usually have a positive skin or blood test
 - ~ You have a normal chest X-ray
- If you have **TB disease**:
 - ~ Your body's immune system cannot contain the TB bacteria and they get out and multiply, causing you to become sick
 - ~ TB disease is a serious illness that could kill you if untreated, but it can be cured with the right medicine
 - ~ You are usually sick and CAN spread the disease to others
 - It is important to cover your mouth with a tissue when you cough or sneeze to help stop the spread of TB
 - You may also be asked to wear a mask
 - ~ You usually have a positive skin or blood test
 - ~ You usually have an abnormal chest X-ray



TB INFECTION

VS.

TB DISEASE



Your body is able to contain the bacteria



You do not feel sick and **CANNOT** spread TB to others



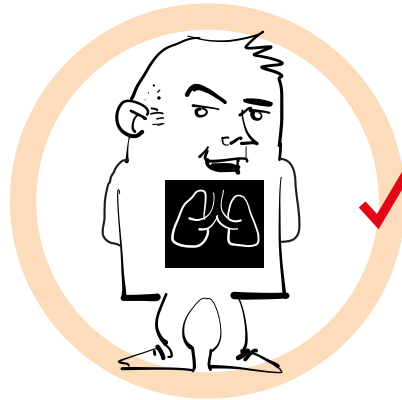
Your body **CANNOT** contain the TB bacteria and they get out and multiply



You are usually sick and **CAN** spread TB to others



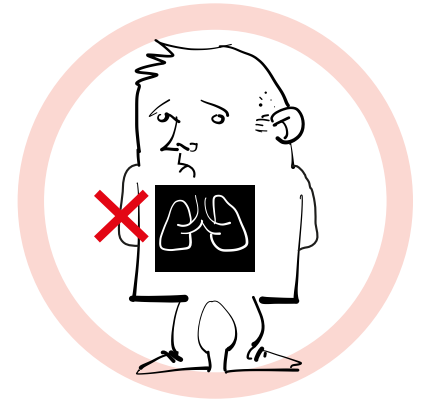
Usually have a positive skin and/or blood test



Have a normal chest X-ray



Usually have a positive skin and/or blood test



May have an abnormal chest X-ray

3

WHAT ARE THE SIGNS AND SYMPTOMS OF TB DISEASE?

- Some of the signs and symptoms of TB disease are:
 - ~ Prolonged cough (sometimes coughing up blood)
 - ~ Chest pain
 - ~ Fever/Chills
 - ~ Night sweats (waking up soaked at night)
 - ~ Weakness or feeling very tired
 - ~ Weight loss
 - ~ Loss of appetite

WHAT ARE THE SIGNS AND SYMPTOMS OF TB DISEASE?



Prolonged cough



Coughing up blood



Chest pain



Fever/Chills



Night sweats



Weakness/Feeling very tired



Weight loss



Loss of appetite

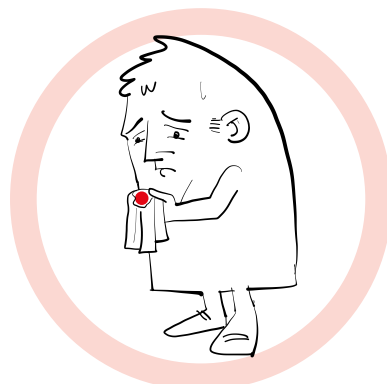
TELL YOUR DOCTOR IF YOU HAVE SIGNS OR SYMPTOMS OF TB DISEASE

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Prolonged cough



Coughing up blood



Chest pain



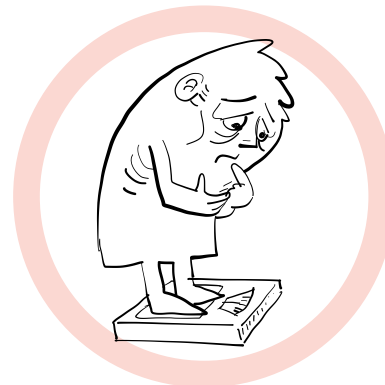
Fever/Chills



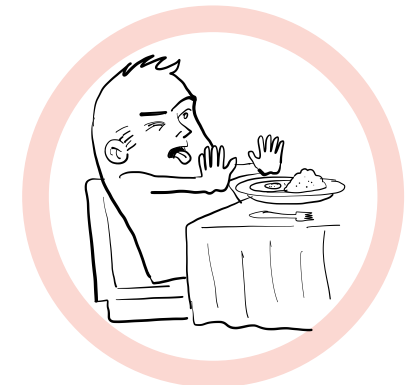
Night sweats



Weakness/Feeling
very tired



Weight loss



Loss of appetite

TELL YOUR DOCTOR IF YOU HAVE SIGNS OR SYMPTOMS OF TB DISEASE

4

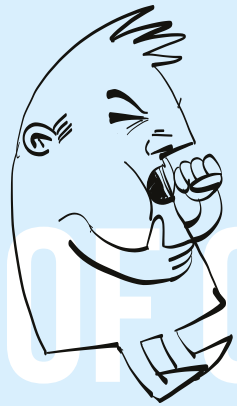
HOW IS TB SPREAD?

- TB is spread through the air from one person to another
- The TB bacteria travel through the air when someone who is sick with TB disease in the lungs:
 - ~ Coughs
 - ~ Sneezes
 - ~ Sings
 - ~ Laughs
- If you breathe this bacteria in, you can get TB

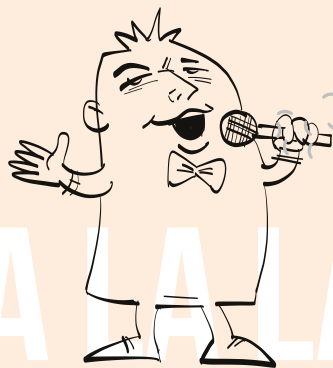
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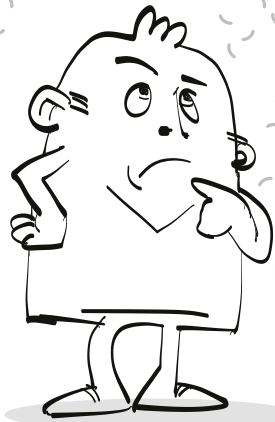
HOW IS TB SPREAD?



Coughing



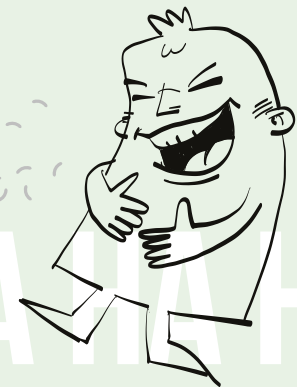
Singing



**TB is spread through
the air from one
person to another**



Sneezing



Laughing

5

HOW IS TB NOT SPREAD?

- You cannot get TB germs from:
 - ~ Sharing drinking containers or eating utensils
 - ~ Smoking or sharing cigarettes with others
 - ~ Saliva shared from kissing
 - ~ Casual contact
 - ~ Sharing or handling food

HOW IS TB NOT SPREAD?



Sharing drinking containers or eating utensils



Smoking or sharing cigarettes



Saliva from kissing



Casual contact



Sharing or handling food

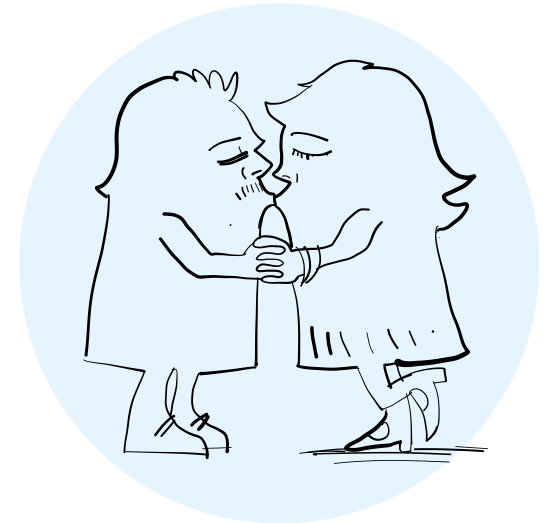
HOW IS TB **NOT** SPREAD?



Sharing drinking containers or eating utensils



Smoking or sharing cigarettes



Saliva from kissing



Casual contact

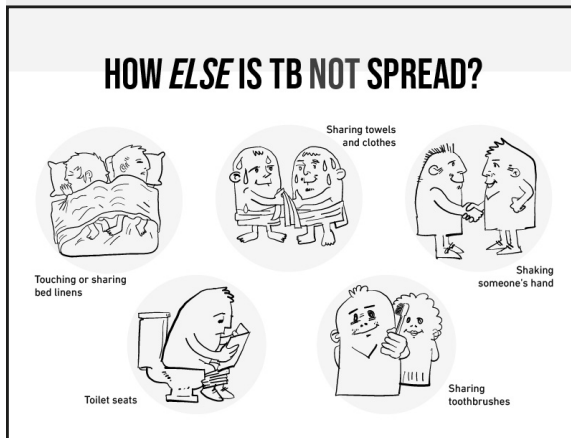


Sharing or handling food

6

HOW *ELSE* IS TB NOT SPREAD?

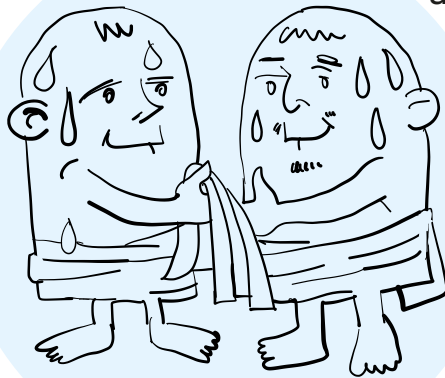
- You cannot get TB germs from:
 - ~ Touching or sharing bed linens
 - ~ Sharing towels and clothes
 - ~ Shaking someone's hand
 - ~ Toilet seats
 - ~ Sharing toothbrushes
- Remember, since TB is spread through the air, if you are in close contact with someone with TB disease in the lungs, you **can** breathe in the TB bacteria
 - ~ Close contact means someone you spend a lot of time with, like family members, classmates, co-workers, etc.



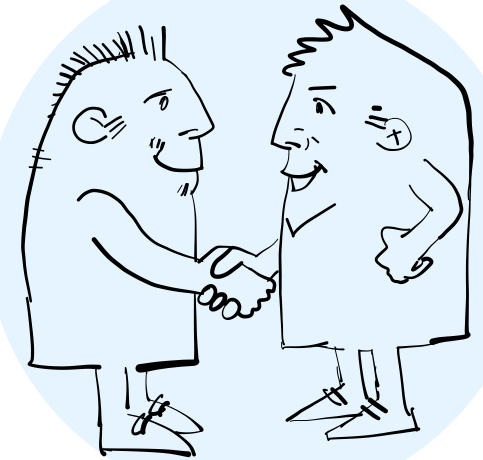
HOW *ELSE* IS TB **NOT** SPREAD?



Touching or sharing
bed linens



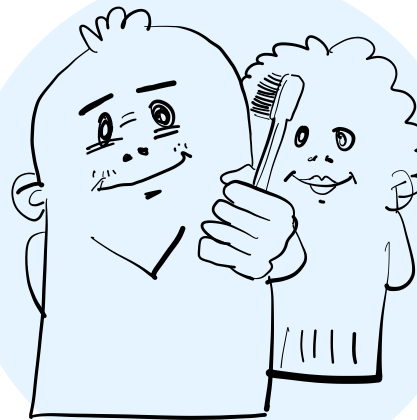
Sharing towels
and clothes



Shaking
someone's hand



Toilet seats



Sharing
toothbrushes

7

WHO IS AT RISK FOR TB?

- Anyone can get TB infection or disease, but some people are at higher risk
- Some people are at higher risk for **EXPOSURE** to TB. They are more likely to have inhaled the bacteria and to have TB bacteria in their body. This includes:
 - ~ Someone who has been in close contact with a person with TB disease (like family members, classmates, co-workers, etc.)
 - ~ People who come from or travel to areas where TB is common such as Asia, Africa, Russia, Eastern Europe, and Central/South America (the red countries on the map)
 - ~ Those who spend time in settings where people are close together, such as residents and employees of:
 - Nursing homes and hospitals
 - Prisons and jails
 - Homeless shelters
 - ~ Persons with substance/alcohol use disorders

WHO IS AT RISK FOR TB?



Close contact to someone with TB disease in the lungs



People who come from an area where TB is common



Residents and employees of nursing homes and hospitals



People who have been in prison or jail



Current or former residents of homeless shelters

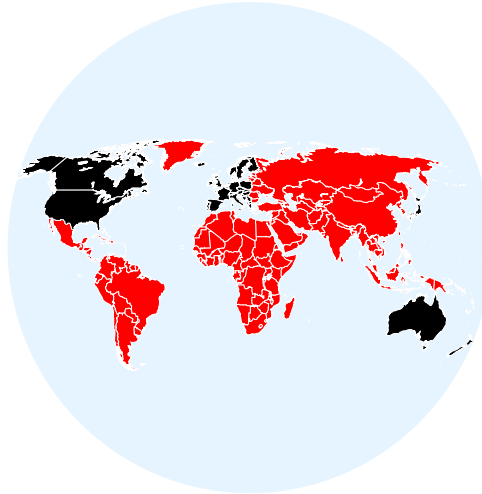


Persons with substance/alcohol use disorders

WHO IS AT **RISK** FOR TB?



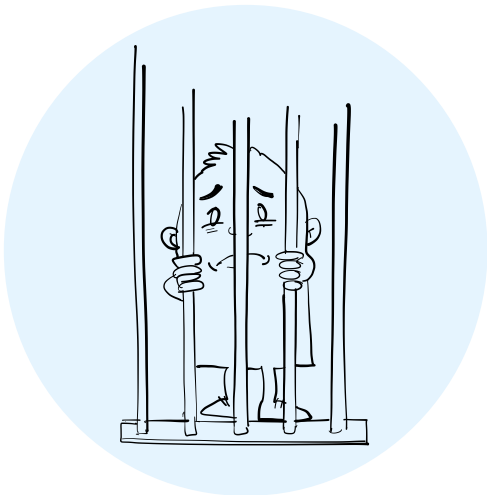
Close contact to someone with TB disease in the lungs



People who come from an area where TB is common



Residents and employees of nursing homes and hospitals



People who have been in prison or jail



Current or former residents of homeless shelters

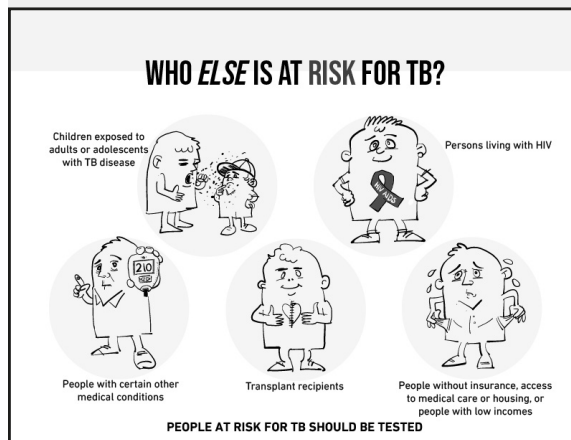


Persons with substance/ alcohol use disorders

8

WHO *ELSE* IS AT RISK FOR TB?

- Other people are more likely to **DEVELOP** TB disease **if** they have TB bacteria in their body. This includes:
 - ~ Children exposed to adults or adolescents with TB disease (children can get very sick with TB disease very quickly, so children who are close contacts to someone with TB should be tested right away)
 - ~ People living with HIV or people who take medicine that suppresses their immune system; TB can be very serious in these people
 - ~ People with other medical conditions such as diabetes or cancer
 - ~ Transplant recipients
 - ~ People without insurance, access to medical care or good housing or people with low incomes



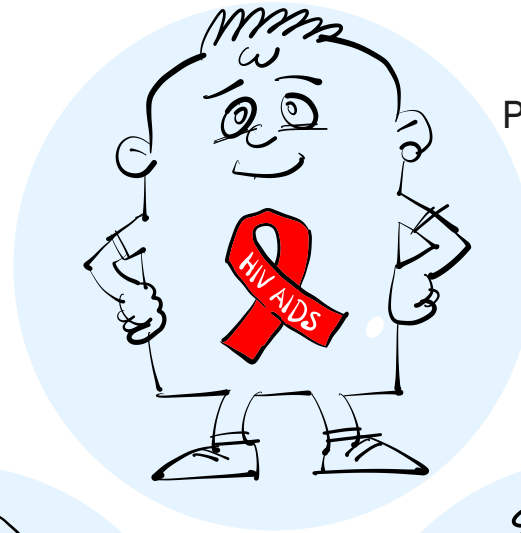
PEOPLE AT RISK FOR TB SHOULD BE TESTED

WHO *ELSE* IS AT **RISK** FOR TB?

Children exposed to
adults or adolescents
with TB disease



Persons living with HIV



People with certain other
medical conditions



Transplant recipients



People without insurance, access
to medical care or housing, or
people with low incomes

PEOPLE AT RISK FOR TB SHOULD BE TESTED

9

HOW ARE YOU TESTED FOR TB?

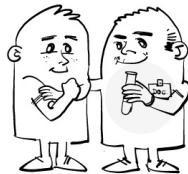
- You will not know if you have TB unless you have been tested
- You may be tested with a skin test (also known as a TST) or blood test (also known as an IGRA)
- Skin Test:
 - ~ A healthcare worker will administer an injection on your inner forearm
 - ~ You have to return to the clinic to have the test read by a healthcare worker within 48-72 hours
 - ~ The healthcare worker will look at your arm and measure any bump that appears
- Blood test:
 - ~ Blood is taken
 - ~ Sent to the laboratory
 - ~ Results are usually ready within 48-72 hours
- Some people who are born in other countries may have had the BCG vaccine for TB; this vaccine is not given in the U.S.
 - ~ BCG vaccine is given to children to prevent them from getting very sick with TB disease
 - ~ The vaccine **does not** provide lifelong immunity against TB
 - ~ The TB blood test is **not** affected by the BCG vaccine
 - ~ The skin test can be affected by the BCG vaccine, but the effect fades over time, so a positive skin test is more likely due to TB infection

HOW ARE YOU TESTED FOR TB?



Skin Test
(also known as a TST)

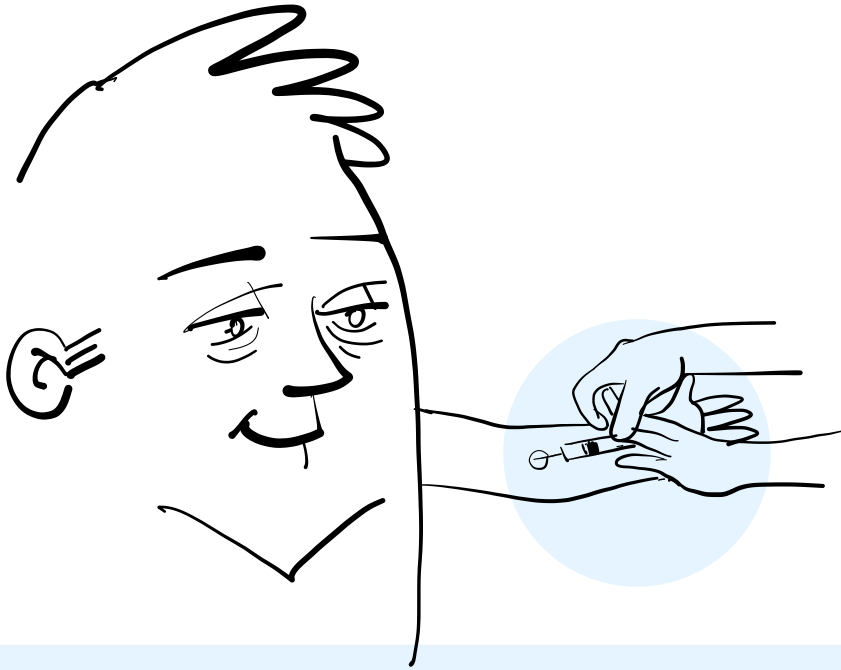
- ~ Given on the arm
- ~ You have to return to the clinic within 48-72 hours
- ~ A healthcare worker will measure any bump



Blood Test
(also known as an IGRA)

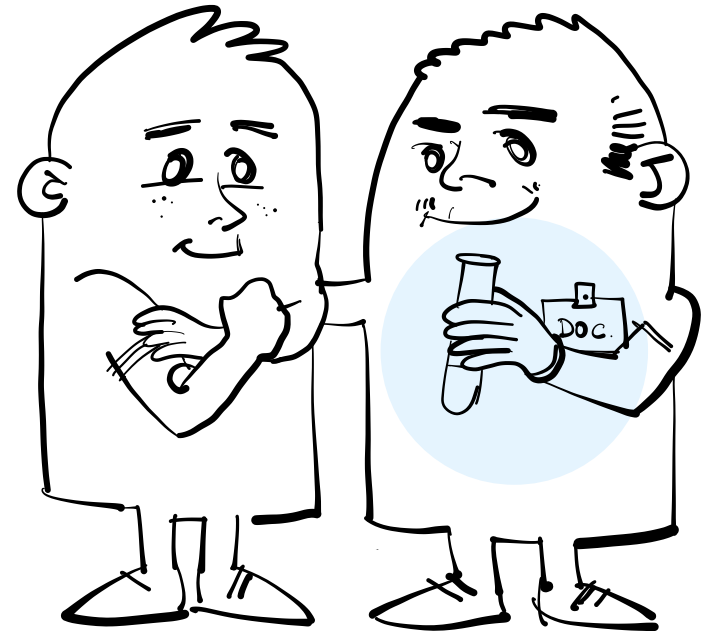
- ~ Blood is taken
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HOW ARE YOU **TESTED** FOR TB?



Skin Test (also known as a TST)

- ~ Given on the arm
- ~ You have to return to the clinic within 48-72 hours
- ~ A healthcare worker will measure any bump



Blood Test (also known as an IGRA)

- ~ Blood is taken
- ~ Sent to the laboratory
- ~ Results are usually ready within 48-72 hours

10

WHAT IF YOUR SKIN OR BLOOD TEST IS POSITIVE?

- Someone from the health department will complete a medical exam, ask you about signs and symptoms of TB, and send you for a chest X-ray
- Children ages 5 and younger will receive an exam
- You may also need additional tests to help determine if you have TB infection or TB disease
- Depending on the results of your tests, you may need treatment for TB infection *or* TB disease

WHAT IF YOUR SKIN OR BLOOD TEST IS POSITIVE?



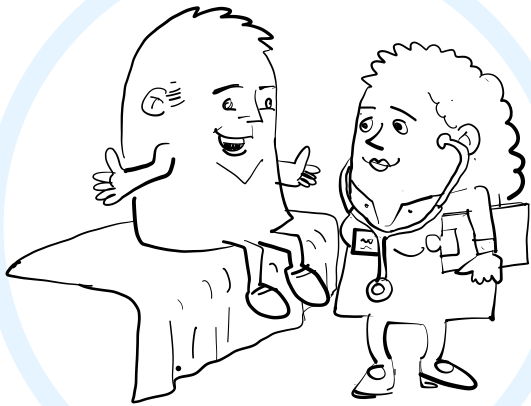
You will have a medical exam

You will need a chest X-ray; you may also need additional tests



You may need treatment for TB infection *or* TB disease

WHAT IF YOUR SKIN OR BLOOD TEST IS **POSITIVE**?



You will have a medical exam

You will need a chest X-ray; you may also need additional tests



You may need treatment for TB infection *or* TB disease

TB INFECTION

TUBERCULOSIS
IN THE COMMUNITY



11

WHY SHOULD YOU BE TREATED FOR TB INFECTION?

- You have TB bacteria in your body but they are contained by your immune system and are not active now
- You are not sick and cannot spread TB to others but the bacteria *can become* active and begin to multiply, which can make you sick with TB disease
- The medication for TB infection kills the TB bacteria and will stop you from becoming sick
- If you are not treated for TB infection and you develop TB disease, you can spread the bacteria to others around you and then they may become sick

WHY SHOULD YOU BE TREATED FOR TB INFECTION?

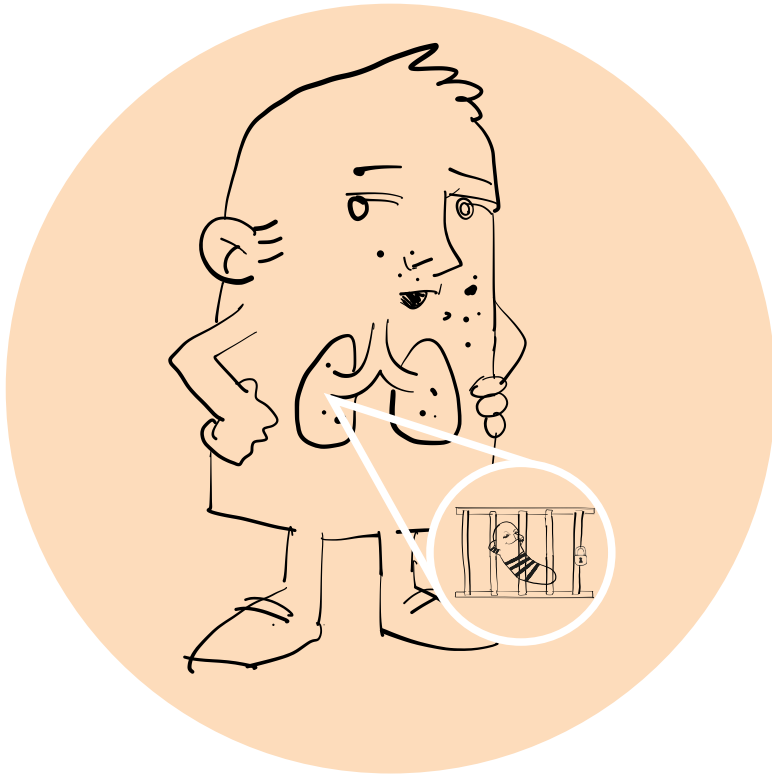
To kill the bacteria in your body



So that you don't become sick with TB disease and spread it to others

WHY SHOULD YOU BE TREATED FOR TB INFECTION?

To kill the bacteria in your body



So that you don't become sick with TB disease and spread it to others

12

HOW DO YOU PROGRESS FROM TB INFECTION TO TB DISEASE?

- Untreated TB infection can lead to TB disease
- If you have a weakened immune system you are more likely to develop TB disease
 - ~ Your immune system is your body's way of fighting infection
- If your medication for TB infection is not taken as directed, you could develop TB disease
 - ~ It is important to take **all** your medication the way your healthcare worker tells you to



HOW DO YOU PROGRESS FROM TB INFECTION TO TB DISEASE?



You have a weakened
immune system



Your TB is untreated or the
medication is not taken correctly

TAKING MEDICATION FOR TB INFECTION PREVENTS TB DISEASE!

13

WHAT CAUSES A WEAK IMMUNE SYSTEM?

- Poor nutrition/being underweight
- Certain medications that weaken the immune system, such as steroids or biologics
- HIV infection
- Medical conditions such as diabetes or cancer
- Stress
- Substance/alcohol use disorders
- Age
 - ~ Older persons may have a weakened immune system
 - ~ Children ages 5 years or younger do not have a fully developed immune system

WHAT CAUSES A WEAK IMMUNE SYSTEM?



Poor nutrition/being underweight



Certain medications



HIV, or medical conditions such as diabetes or cancer



Stress



Substance/alcohol use disorders



Older age



Young age (5 years or younger)

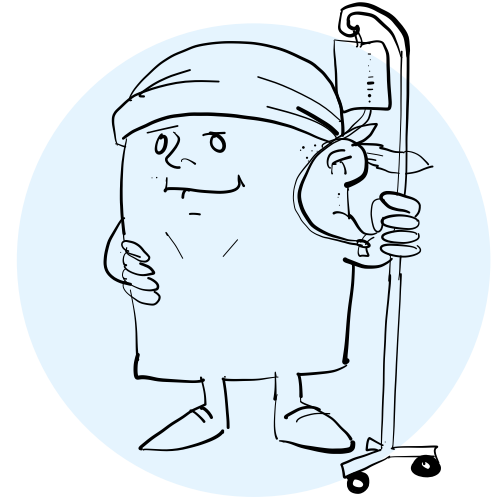
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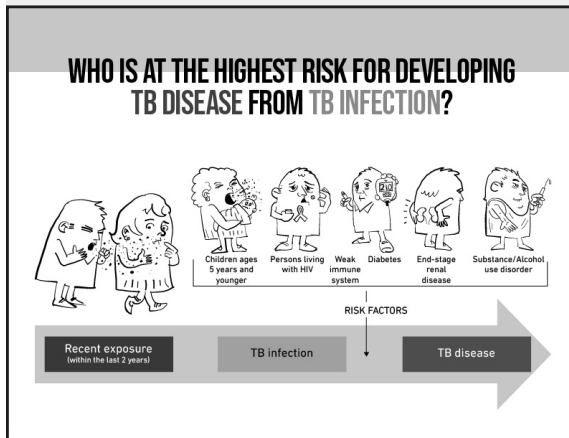


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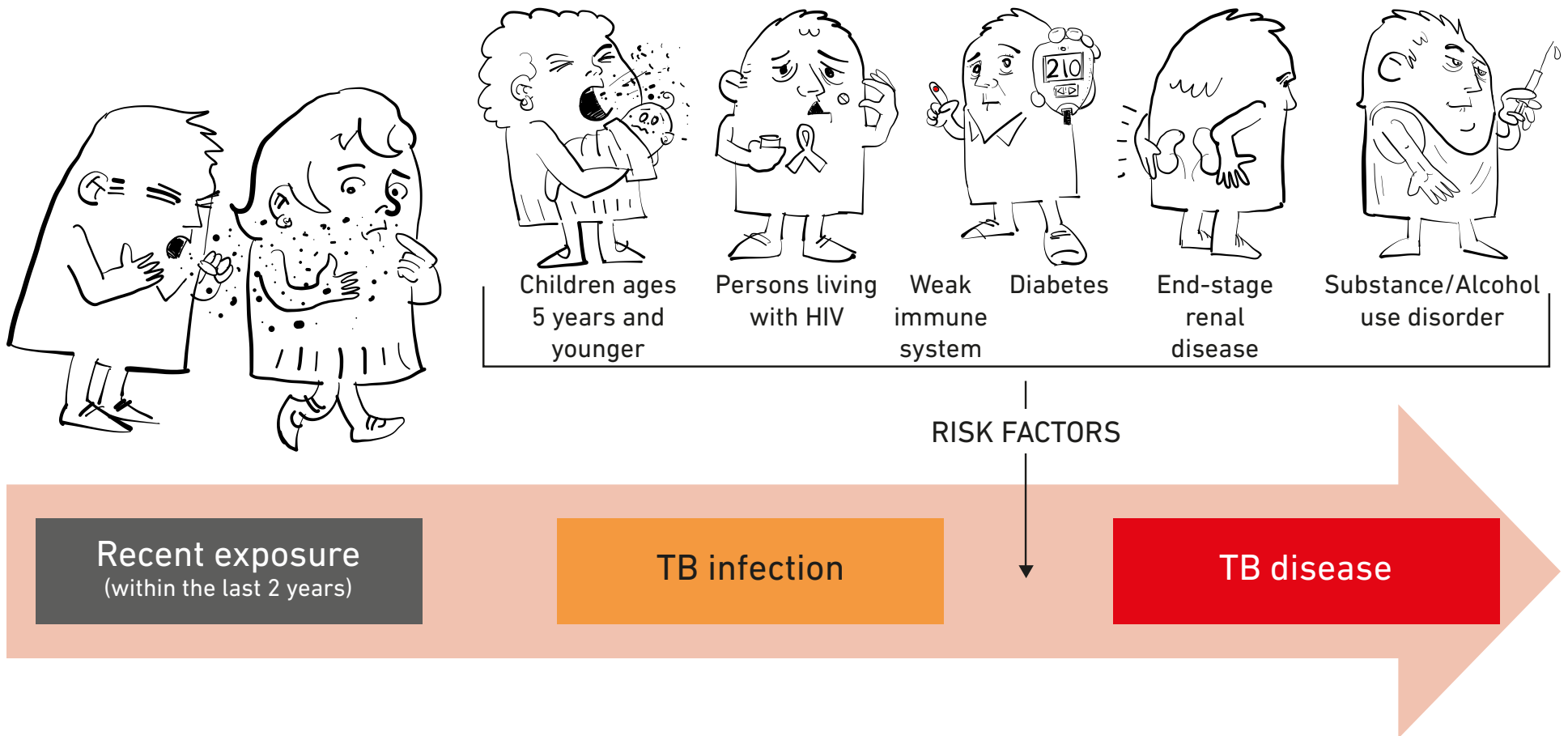
14

WHO IS AT THE HIGHEST RISK FOR DEVELOPING TB DISEASE FROM TB INFECTION?

- Someone recently infected (in the last two years)
- Children ages 5 years or younger who have been exposed to an adult or adolescent with TB disease
- Someone living with HIV
- Someone with medical conditions that weaken the immune system, such as diabetes, or who is on medications that weaken the immune system
- A person who has end-stage renal disease
- A person with a substance/alcohol use disorder
- Someone whose previous TB infection was untreated or poorly treated



WHO IS AT THE HIGHEST RISK FOR DEVELOPING TB DISEASE FROM TB INFECTION?



15

TREATMENT FOR TB INFECTION

- If you have TB infection you can take medication to prevent you from getting TB disease in the future
 - ~ This is known as preventive treatment
- You will need to take **all** of your medicine the way it is prescribed
- There are several different treatments for TB infection
- Your doctor will talk to you about what treatment is right for you based on your circumstances, such as other health conditions or medications that you already take
- The three most common treatments for TB infection are:
 - ~ Isoniazid (INH) and Rifapentine, once a week, for 12 weeks
 - ~ Rifampin (RIF), daily, for 4 months
 - ~ INH, daily OR twice weekly for 6 months
- Drinking alcohol during treatment for TB infection can make you sick; DO NOT drink alcohol while taking these medications

TREATMENT FOR TB INFECTION

Medication	Schedule	Length of Time
Isoniazid (INH) and Rifapentine	Weekly	3 months (12 weeks)
-OR-		
Rifampin (RIF)	Daily	4 months
-OR-		
Isoniazid (INH)	Daily OR Twice Weekly	6 months



DO NOT DRINK
ALCOHOL WHILE
TAKING THESE
MEDICATIONS

YOUR DOCTOR WILL TALK TO YOU ABOUT WHICH TREATMENT IS RIGHT FOR YOU!

TREATMENT FOR TB INFECTION

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**DO NOT DRINK
ALCOHOL WHILE
TAKING THESE
MEDICATIONS**

YOUR DOCTOR WILL TALK TO YOU ABOUT WHICH TREATMENT IS RIGHT FOR YOU!

16

DOES MEDICATION FOR TB INFECTION HAVE SIDE EFFECTS?

- Like all medications, TB medications can have side effects, but most are minor and many can be treated
- Rifampin has some common side effects that are expected, but are not usually serious:
 - ~ Body fluids like urine, sweat, or tears may turn red or orange; this is normal and will go away after you finish your treatment
 - ~ Birth control pills or contraceptive medicine will not work as well
- Tell your doctor or nurse right away if you have any of these side effects:
 - ~ Fever or chills
 - ~ Nausea or vomiting
 - ~ Yellow skin or eyes
 - ~ Light colored stools
 - ~ Fainting or dizziness
 - ~ Bruising or easy bleeding
 - ~ Upset stomach
 - ~ Less appetite
 - ~ Dark urine
 - ~ Rash
 - ~ Numbness or tingling in your fingers or toes
- You will have monthly visits at the clinic where a healthcare worker will examine you and ask about side effects and signs and symptoms of TB disease

DOES MEDICATION FOR TB INFECTION HAVE SIDE EFFECTS?



Your urine, sweat or tears may turn orange



You may have other side effects

Tell your doctor or nurse right away if you have:

- Fever or chills
- Nausea or vomiting
- Yellow skin or eyes
- Light colored stools
- Fainting or dizziness
- Bruising or easy bleeding
- Upset stomach
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- Dark urine
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MANY SIDE EFFECTS CAN BE TREATED!

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You may have other side effects

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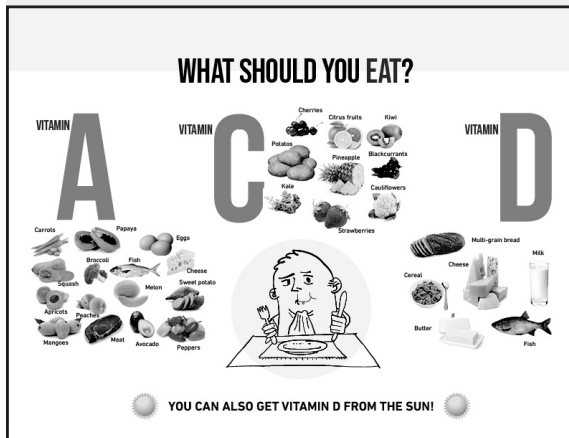
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MANY SIDE EFFECTS CAN BE TREATED!

17

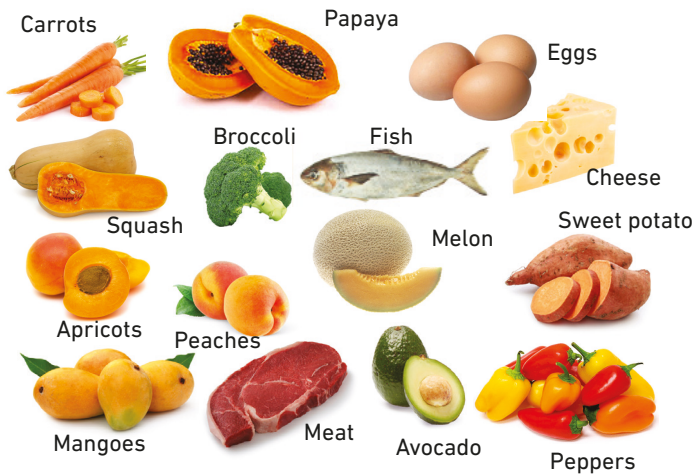
WHAT SHOULD YOU EAT?

- Nutrients help your body fight off infection, and your body needs healthy nutrients now more than ever so try to eat healthy foods
- You can get Vitamin A from foods like eggs, cheese, fish, mangoes, and avocados
- You can get Vitamin C from food such as potatoes, limes, lemons, and oranges
- You can get Vitamin D from milk, multi-grain bread, butter and cheese
- The sun is also an excellent source of vitamin D, so try to get outside to get fresh air and exercise!

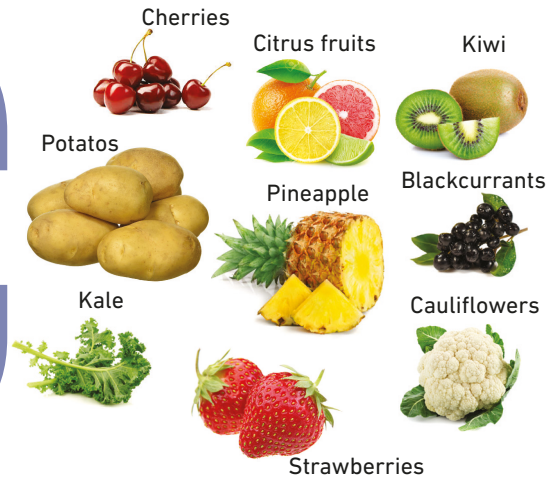


WHAT SHOULD YOU EAT?

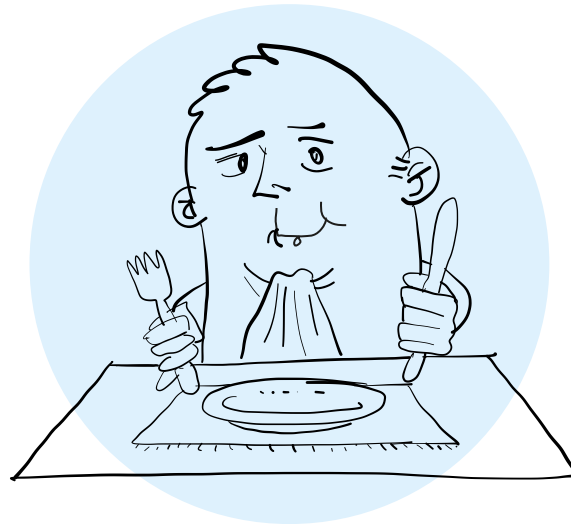
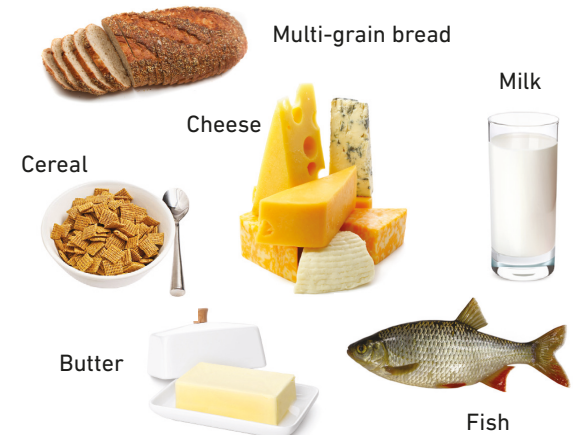
VITAMIN
A



VITAMIN
C



VITAMIN
D



YOU CAN ALSO GET VITAMIN D FROM THE SUN!



18

TREATMENT FOR TB INFECTION PREVENTS TB DISEASE!

- Even though you are not sick now and cannot spread TB to others, you DO have TB bacteria in your body
- Taking all your medication for TB infection as prescribed will kill the TB bacteria
- Treatment for TB infection will prevent you from becoming sick and spreading TB to others

TREATMENT FOR TB INFECTION PREVENTS TB DISEASE!

Remember...



Medications for TB infection will
kill the bacteria in your body



Treatment prevents you from
becoming sick and spreading TB to
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TB DISEASE

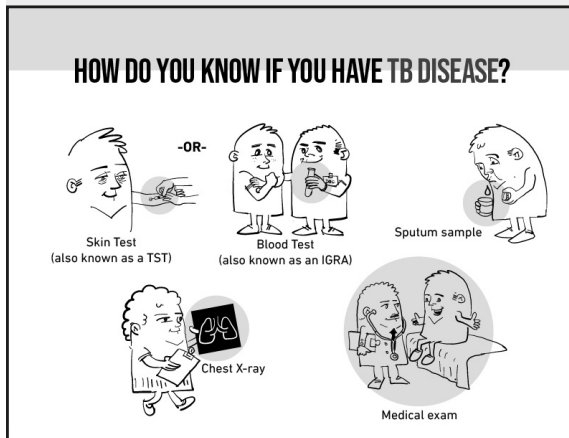
TUBERCULOSIS
IN THE COMMUNITY



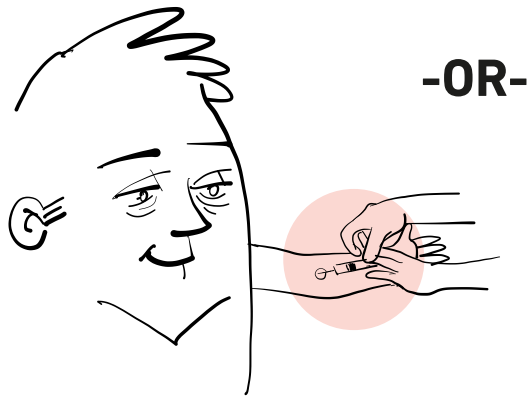
19

HOW DO YOU KNOW IF YOU HAVE TB DISEASE?

- You will need tests to find out if you have TB disease
- You may be tested with a skin or blood test, which is usually positive in someone with TB disease
- You will be sent for a chest X-ray, which may be abnormal in someone with TB disease
- A healthcare worker may ask you to cough sputum into a container; the sputum will be sent to a lab to see if there are TB bacteria
- A doctor will examine you and ask about signs or symptoms of TB, like cough (including coughing up blood), chest pain, fever or chills, weakness, night sweats, or weight loss
- Based on the results of your tests and exam, a doctor can tell if you have TB disease

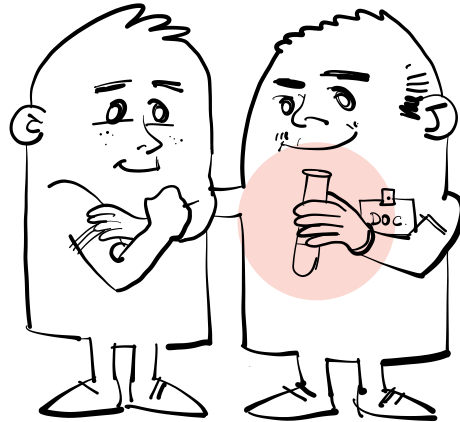


HOW DO YOU KNOW IF YOU HAVE TB DISEASE?



Skin Test
(also known as a TST)

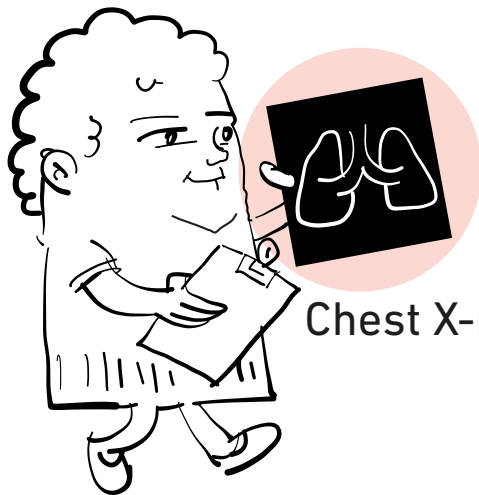
-OR-



Blood Test
(also known as an IGRA)



Sputum sample



Chest X-ray



Medical exam

20

WHY YOU MUST BE TREATED FOR TB DISEASE

- TB disease is a very serious illness that can make you very sick or even die
- When you have TB disease in your lungs, the bacteria can be spread through the air to others, such as your family and friends, and they could become sick
- If you do not take all your medication for TB disease, in the future your treatment may be longer and include more medications
- Treatment for TB disease will kill the bacteria in your body so you can get better!

WHY YOU MUST BE TREATED FOR TB DISEASE



You can become very sick or even die and you can spread the disease to others



If not treated, future treatment may include more medications



Treatment kills the TB bacteria so you can get better!

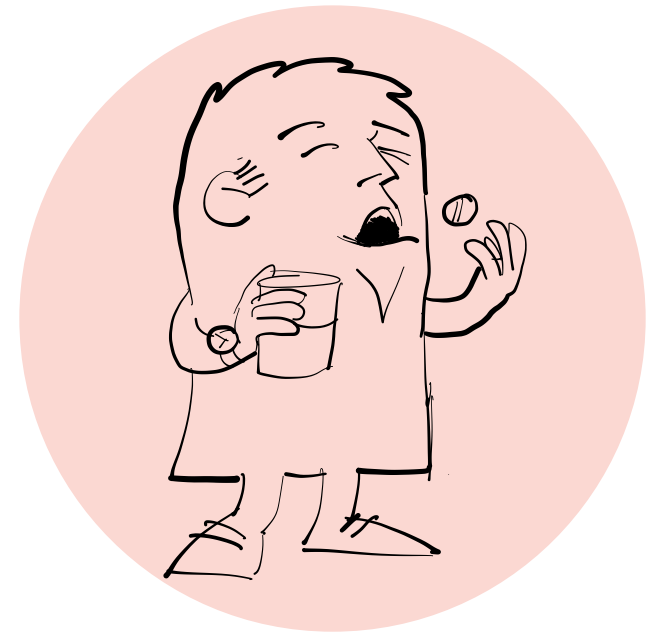
WHY YOU MUST BE TREATED FOR TB DISEASE



You can become very sick or even die *and* you can spread the disease to others



If not treated, future treatment may include more medications



Treatment kills the TB bacteria so you can get better!

21

TREATMENT FOR TB DISEASE

- TB disease is treated by taking several medications for an average of 6 to 9 months
 - ~ Treatment usually starts with 4 medications and then changes to 2 medications later
 - ~ This is the most common treatment plan, but treatment can change with different types of TB or TB that has become hard to treat
- The most common medications are:
 - ~ Rifampin
 - ~ Isoniazid
 - ~ Pyrazinamide
 - ~ Ethambutol
- TB treatment is given by Directly Observed Therapy, or DOT, which means that someone from the health department will observe you taking your medications
- Drinking alcohol during treatment for TB disease can make you sick; **DO NOT DRINK ALCOHOL WHILE TAKING THESE MEDICATIONS**

TREATMENT FOR TB DISEASE

Treatment usually includes the following medications:

- Rifampin (RIF)
- Isoniazid (INH)
- Pyrazinamide (PZA)
- Ethambutol (EMB)



Someone from the health department will observe you taking your medication

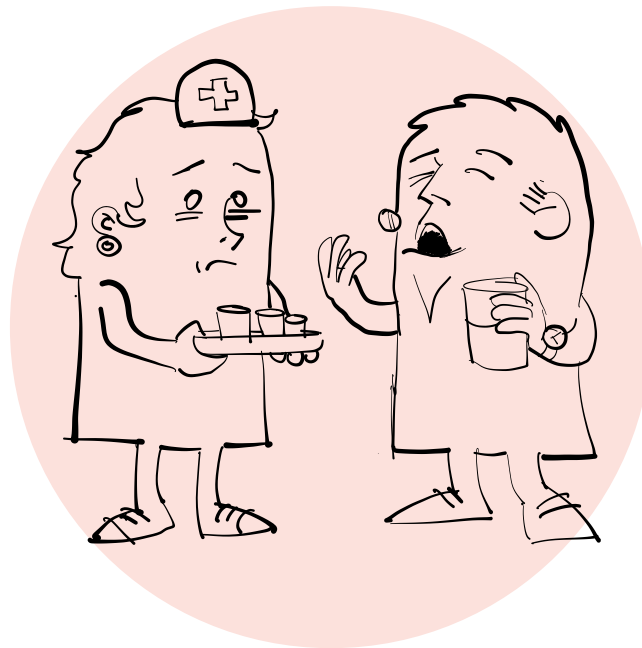


DO NOT DRINK alcohol while taking these medications

TREATMENT FOR TB DISEASE

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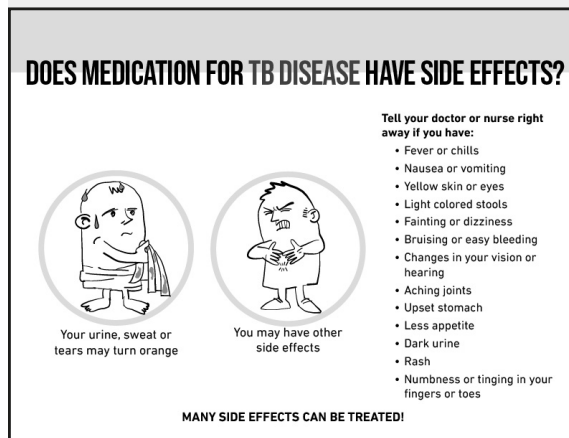


DO NOT DRINK alcohol while taking these medications

22

DOES MEDICATION FOR TB DISEASE HAVE SIDE EFFECTS?

- Like all medications, TB medications can have side effects, but most are minor and many can be treated
- Rifampin has some common side effects that are expected, but are not usually serious:
 - ~ Body fluids like urine, sweat, or tears may turn red or orange; this is normal and will go away after you finish your treatment
 - ~ Birth control pills or contraceptive medicine will not work as well
- Tell your doctor or nurse right away if you have any of these side effects:
 - ~ Fever or chills
 - ~ Nausea or vomiting
 - ~ Yellow skin or eyes
 - ~ Light colored stools
 - ~ Fainting or dizziness
 - ~ Bruising or easy bleeding
 - ~ Changes in your vision or hearing
 - ~ Aching joints
 - ~ Upset stomach
 - ~ Less appetite
 - ~ Dark urine
 - ~ Rash
 - ~ Numbness or tingling in your fingers or toes
- You will have monthly visits at the clinic



DOES MEDICATION FOR **TB DISEASE** HAVE SIDE EFFECTS?



Your urine, sweat or tears may turn orange



You may have other side effects

Tell your doctor or nurse right away if you have:

- Fever or chills
- Nausea or vomiting
- Yellow skin or eyes
- Light colored stools
- Fainting or dizziness
- Bruising or easy bleeding
- Changes in your vision or hearing
- Aching joints
- Upset stomach
- Less appetite
- Dark urine
- Rash
- Numbness or tingling in your fingers or toes

MANY SIDE EFFECTS CAN BE TREATED!

23

WHAT WILL HAPPEN AT YOUR MONTHLY CLINIC VISITS?

- A healthcare worker will examine you to assess your improvement
 - ~ The healthcare worker will ask about side effects and signs and symptoms of TB disease
- You may have sputum collected
 - ~ Results of the sputum test help your doctor determine if you are still contagious
- You may have other tests such as chest X-rays or blood tests, if needed

WHAT WILL HAPPEN AT YOUR MONTHLY CLINIC VISITS?

You will have a medical exam



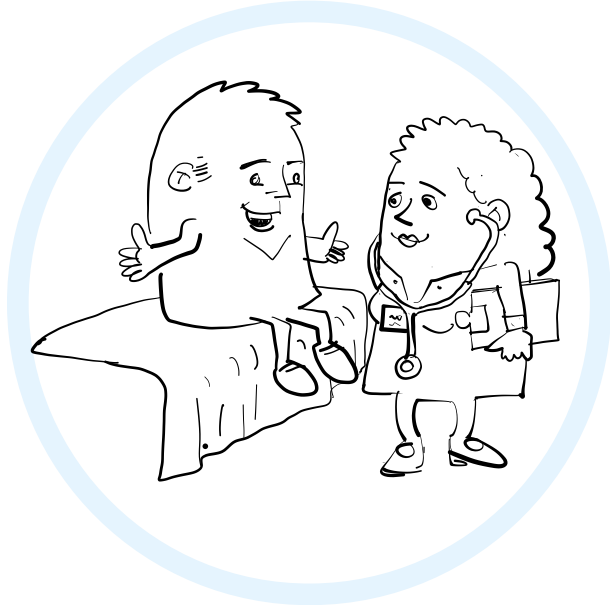
You may have tests such as chest X-rays or blood tests



You may have sputum collected

WHAT WILL HAPPEN AT YOUR MONTHLY CLINIC VISITS?

You will have a medical exam



You may have tests such as chest X-rays or blood tests



You may have
sputum collected



24

WHAT WILL HAPPEN IF YOU STOP TAKING YOUR MEDICATIONS?

- If you stop taking the medications too soon, you can become sick again
 - ~ If you are sick you can spread the disease to others
- If your medications are not taken correctly, you can become resistant to the medication and it will become much harder to treat and will take much longer than the normal treatment plan
- In order to prevent TB disease from developing into drug-resistant TB disease, it is important to take **ALL of your medications as prescribed for the length of time it was prescribed**

WHAT WILL HAPPEN IF YOU STOP TAKING YOUR MEDICATIONS?



You can become sick again and may spread the bacteria to others



Take ALL MEDICATIONS as it is prescribed to prevent TB disease from developing into drug-resistant TB

WHAT WILL HAPPEN IF YOU STOP TAKING YOUR MEDICATIONS?



You can become sick again and may spread the bacteria to others



Take ALL MEDICATIONS as it is prescribed to prevent TB disease from developing into drug-resistant TB

25

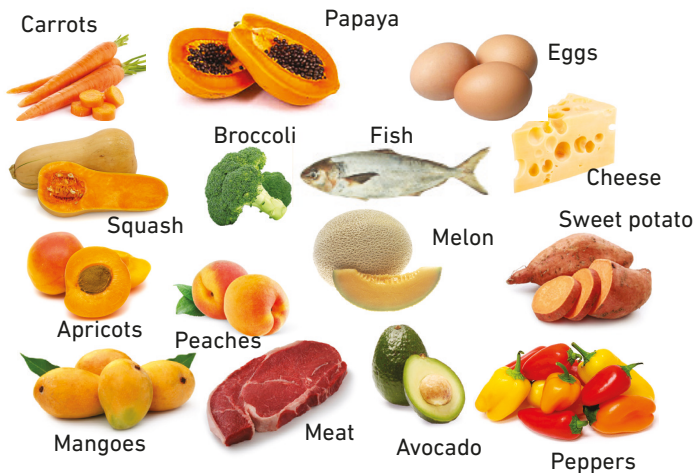
WHAT SHOULD YOU EAT?

- Nutrients help your body fight off infection, and your body needs healthy nutrients now more than ever so try to eat healthy foods
- You can get Vitamin A from foods like eggs, cheese, fish, mangoes, and avocados
- You can get Vitamin C from food such as potatoes, limes, lemons, and oranges
- You can get Vitamin D from milk, multi-grain bread, butter and cheese
- The sun is also an excellent source of vitamin D, so try to get outside to get fresh air and exercise!

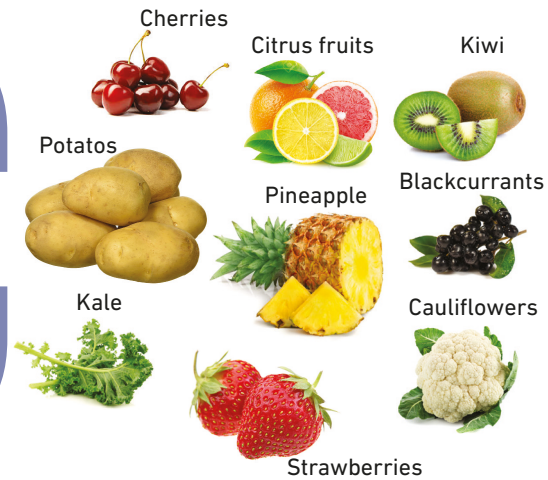


WHAT SHOULD YOU EAT?

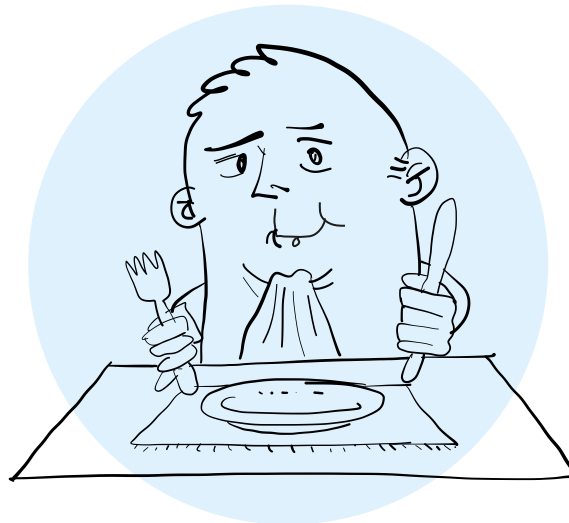
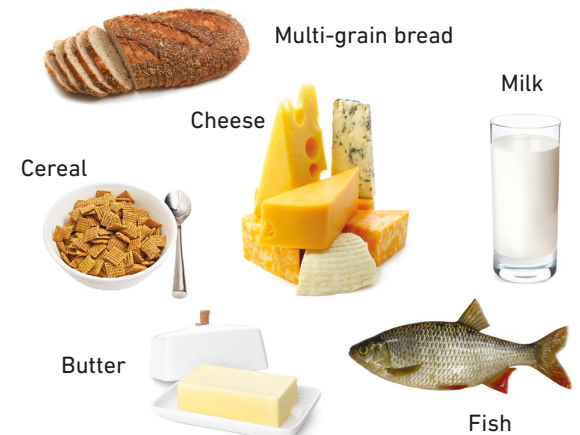
VITAMIN
A



VITAMIN
C



VITAMIN
D



YOU CAN ALSO GET VITAMIN D FROM THE SUN!



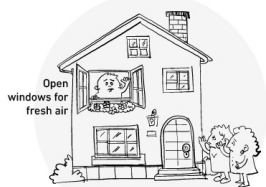
26

HOW CAN YOU HELP STOP THE SPREAD OF TB?

- Follow the health departments instructions:
 - ~ Stay home and **DO NOT** go to public places until the health department says it's okay (when you are no longer able to spread TB)
 - ~ Do not allow visitors into your home
 - ~ Cover your mouth with a tissue when you sneeze or cough
 - ~ Wear a mask when you visit the doctor
 - ~ **TAKE ALL OF YOUR MEDICATIONS CORRECTLY**
- Open your windows to let fresh air in whenever possible
- Someone from the health department will ask you about who you have spent time with
 - ~ The people you live with and other close contacts will need to be tested so they can be treated if they have TB infection or TB disease
 - ~ Follow instructions on how to protect others in your home

HOW CAN YOU HELP STOP THE SPREAD OF TB?

Stay home until the health department says its okay and do not allow visitors in your home



Take all of your medications correctly



You may be asked to wear a mask

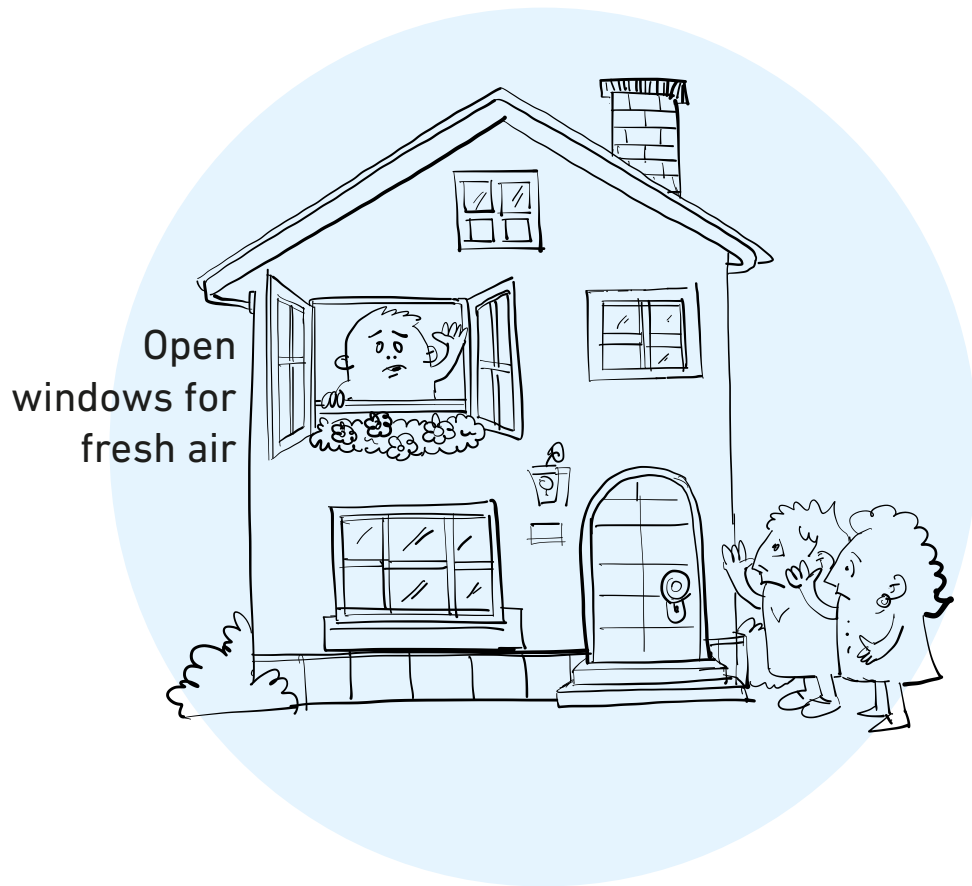


Cover your mouth with a tissue when you sneeze or cough



HOW CAN YOU HELP **STOP** THE SPREAD OF TB?

Stay home until the health department says its okay and do not allow visitors in your home



Take all of your medications correctly



You may be asked to wear a mask



Cover your mouth with a tissue when you sneeze or cough

27

TB CAN BE CURED

- You can be cured of TB and live a normal life!
- To be cured of TB you need to:
 - ~ Follow the doctors instructions
 - ~ Follow instructions from the health department
 - ~ Keep all of your medical appointments
 - ~ **TAKE ALL OF YOUR MEDICATIONS CORRECTLY**

TB CAN BE CURED!



TB CAN BE CURED!



SPECIAL CIRCUMSTANCES

TUBERCULOSIS
IN THE COMMUNITY



28

INFANTS AND CHILDREN WITH TB

- TB disease can be very dangerous for children, especially infants and children ages 5 years or younger
 - ~ Children can have different symptoms than adults and are more likely to have TB in other parts of the body, like the brain
 - ~ Children with TB disease must be treated **RIGHT AWAY**
 - ~ If not treated, TB can attack the brain or any part of the body very quickly and the child could get brain damage or even die
- Children with TB infection can get sick with TB disease very quickly
 - ~ Children who are contacts to someone with TB disease should be tested for TB infection **as soon as possible**
 - ~ Children with TB infection **must** be treated to prevent TB disease

INFANTS AND CHILDREN WITH TB



TB is very dangerous for children, especially babies and young children

Children with TB disease must be treated **RIGHT AWAY**

If not treated, children with TB can get sick very quickly and even die

INFANTS AND CHILDREN WITH TB



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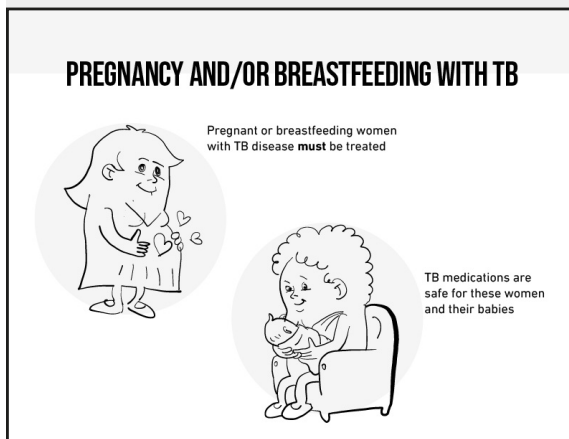
Children with TB disease must be treated **RIGHT AWAY**

If not treated, children with TB can get sick very quickly and even die

29

PREGNANCY AND/OR BREASTFEEDING WITH TB

- Pregnant women who have TB disease must be treated
 - ~ Women with TB disease can pass the disease to their babies during pregnancy or after birth
 - ~ The baby can be born very sick with TB
- Pregnant women who have TB infection should be treated **if** they are at high risk of developing TB disease (refer to panel 14 for information on who is at high risk)
- Women may still breastfeed if they are on TB medications
- TB medications are safe for pregnant and breastfeeding women and their babies



PREGNANCY AND/OR BREASTFEEDING WITH TB



Pregnant or breastfeeding women with TB disease **must** be treated



TB medications are safe for these women and their babies

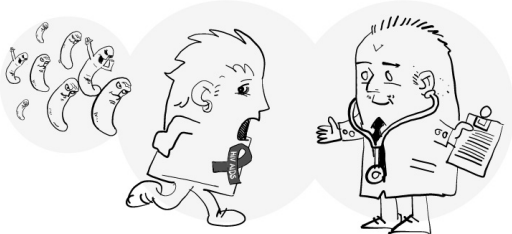
30

HIV AND TB

- Persons living with HIV and TB infection are at **VERY HIGH RISK** of getting TB disease
 - ~ If you have TB infection, you need treatment **AS SOON AS POSSIBLE** so that you don't get TB disease
 - ~ If you have TB disease, you must take medications to cure the disease
- **If you are living with HIV** and your TB disease is untreated, or is not treated correctly, you could die

HIV AND TB

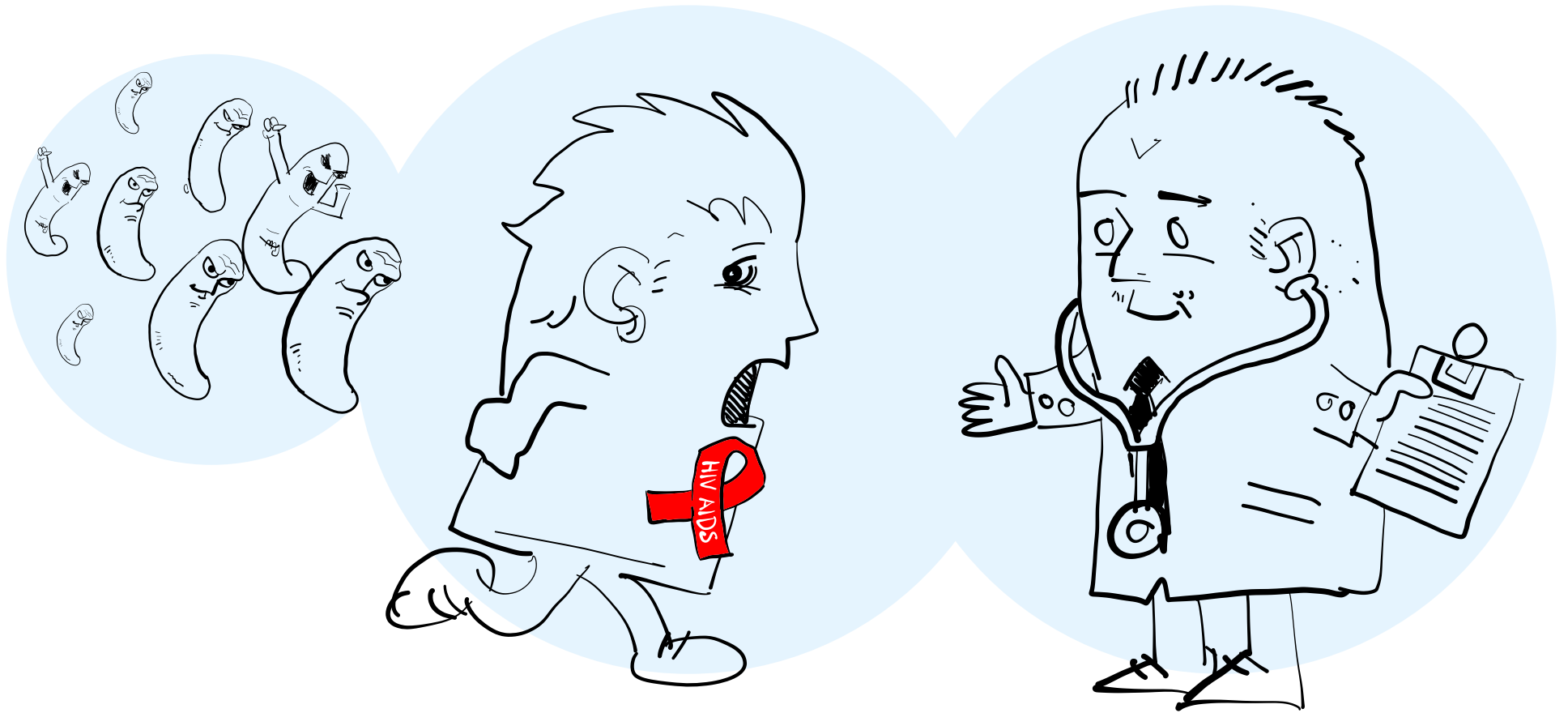
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TUBERCULOSIS IN THE COMMUNITY



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