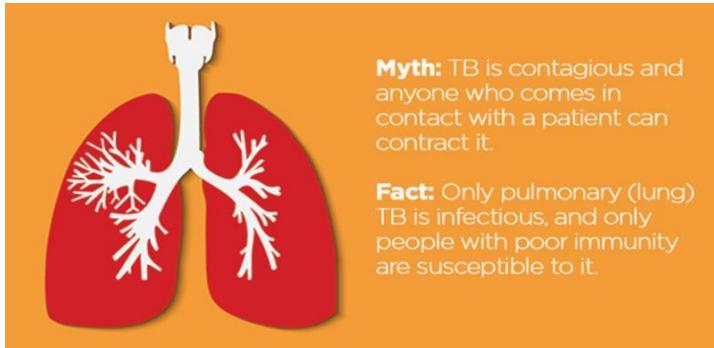


# THE TRUTH ABOUT TB

- **TB is a disease** caused by the **Mycobacterium tuberculosis bacteria**. The disease is mainly in the lungs (pulmonary TB), but the germ can travel to other parts of the body (extrapulmonary TB) and sometimes can be in multiple parts of the body (miliary or disseminated TB).



• **TB is spread** when someone who is sick with TB in his/her lungs coughs, sneezes, talks or sings and sprays the TB germ into the air and the other person inhale that air. When someone spends time with that person, he/she can breathe in the TB germ and become infected. **Usually have to be around an infectious person for a long time** and share the same airspace.

- People who have a **strong immunity** might

be exposed to the bacteria, but **never** becomes sick, because the person's own immune system will usually build a wall around the TB germs, keeping them from growing and multiplying. This is called latent TB infection or LTBI. The **germs can remain dormant (not actively making you sick) in a person's body throughout his/her lifetime**.

- **Very important** is that if a person with active TB is on TB treatment for 14 days, you will not get sick inhaling air that is around them.
- **Can NOT get TB** by sharing drinks, toys or personal items
- **Signs and symptoms** include coughing for longer than 2-3 weeks, loss of appetite, night sweats and feeling tired.
- Those who are **immune-compromised** or smokes are **more at risk** of contracting TB
- A **sputum test** is the best way to determine if someone has TB disease. But the person must have sputum for this test (productive cough). The skin test only **determines TB infection**. A positive result does not necessarily mean the person has TB disease, they can have **dormant TB which may never make them sick**.
- The best option is to **get treatment at your local Day Hospital**, as the treatment is very expensive if you have to pay for it yourself. The treatment options are for 6 months to 18 months. **ALWAYS FINISH YOUR TREATMENT** to avoid the bacteria from becoming resistant to antibiotics.

