

Tuberculosis: What You Should Know

**Satellite Conference and Live Webcast
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**Produced by the Alabama Department of Public Health
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Faculty

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Outline of Discussion

- **Review of basics**
- **Latent TB Infection/Active TB Disease**
- **Preventive treatment**
- **Stop the spread**
- **Masks**
- **Reporting TB**
- **Questions**

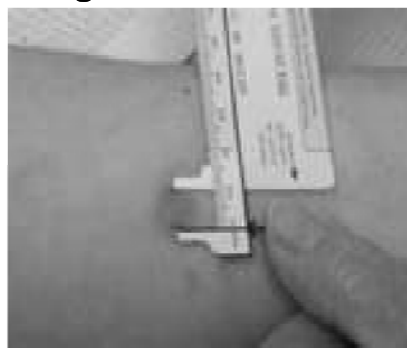
What Is TB (Tuberculosis)?

- **A disease caused by BACTERIA**
- **Usually affects the LUNGS**
- **Spread in the AIR**
- **Can be cured with MEDICINE**

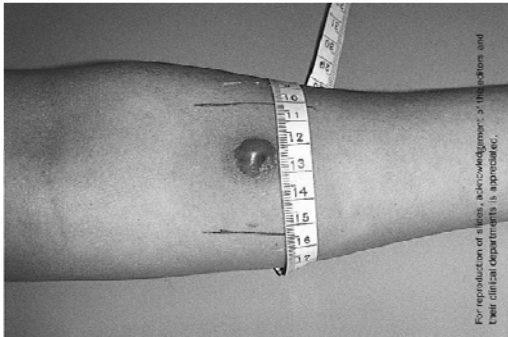
Testing Tools: TB Skin Tests

- **TB skin tests can tell us if someone has ever breathed TB germs into their lungs**

Testing Tools: TB Skin Tests



Testing Tools: TB Skin Tests



TB Chest X-ray

- Got
 - A positive skin test (TB Infection) from breathing in the germ
- Get
 - Chest x-ray and make sure you do not have TB disease

2 Types of TB

- Latent TB Infection
- TB Disease

Latent TB Infection

- A person with Latent TB Infection:
 - Has a positive skin test
 - Has a normal chest x-ray

Latent TB Infection

- Has breathed in TB germs
- Feels fine, is not sick
- Cannot spread TB germs to others

TB Infection / Positive Skin Test Is Very Common

- About 1 out of every 3 people in the world is infected with TB germs

TB Preventive Medicine

- For positive skin tests or Latent TB Infection, ADPH health departments can give you medicine to kill the TB germs so you won't get sick with TB Disease

Remember!

- You **CANNOT** get TB from someone with Latent TB Infection

TB Disease

- Feels sick
- Can spread TB germs to others
- TB Disease can be cured with medicine!!

Symptoms of TB Disease

- Cough
- Feel weak/fatigue
- Unexplained fever
- Unexplained weight loss
- May cough up blood
- Sweat a lot at night
- Weight loss
- Abnormal chest x-ray

TB Disease: Lungs or Respiratory System

- TB Disease
 - Positive TB skin test
 - Abnormal chest x-ray
 - Has symptoms
 - May transmit to others
 - May be treated and cured

How Is TB Spread?

- TB germs can be spread when a person with TB Disease:
 - Coughs
 - Sneezes
 - Shouts
 - Sings – sending TB germs into the air for someone to inhale

How Is TB Spread?

- You get TB from being in **VERY CLOSE CONTACT** with someone who is sick with TB breathing the same air

TB Germs Are NOT Spread by Sharing

- Spoons and forks
- Drinking glasses
- Bathrooms

TB Germs Are NOT Spread by Handling

- Bedding
- Rubbish
- Clothes or towels
- Food

TB Prevention Protection

- Tips for you and your family

Know the Risk Factors for TB Disease

- HIV Infection
- Recent TB Infection
- Substance abuse
- Diabetes
- Cancer of head and neck
- Low body weight

Know the Signs and Symptoms of TB Disease

- Constant tiredness
- Cough
- Fever
- Loss of appetite
- Weight loss
- Spit up blood
- Night sweats
- Chest pain

Live Healthy

- Eat right
- Get enough sleep
- Keep your immune system strong

Keep Windows Open

- Air: ventilate and circulate
 - TB cannot spread outside or in fresh air
 - Ultraviolet light kills TB germs

Cover the Cough

- TB patient wears paper mask

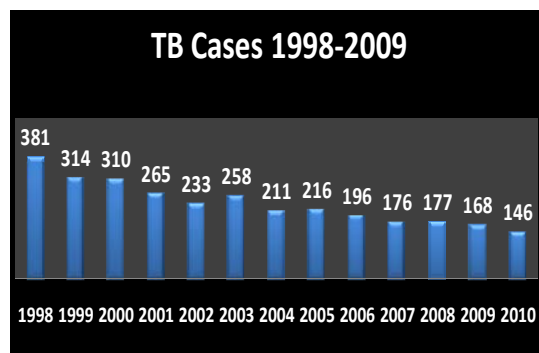
Health Care Workers Use the N-95 Mask

- Proper fit testing is needed annually
- Get the right size
- No gaps
- Filters out germs

Remember!

- Only people who are sick with TB Disease can spread TB
- TB is a disease that can be prevented and cured

TB Cases in Alabama



Public Health Laws

- **Tuberculosis is a notifiable disease**
 - **Healthcare workers, hospital administrators, correctional facilities, patient-transport workers, medical examiners, nursing-home administrators, laboratory authorities, pharmacists, school authorities, daycare facilities, emergency medical service employees**

Public Health Laws

- **Confirmed or suspected cases must be reported within 24 hours**
 - **Code of Alabama 22-11A-9**