

## **Tuberculosis: What You Should Know**

**Satellite Conference and Live Webcast  
Wednesday, September 11, 2012  
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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

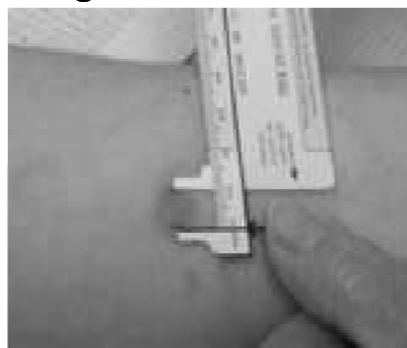
## **What Is TB (Tuberculosis)?**

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

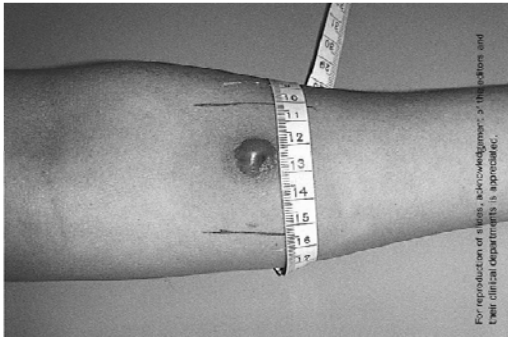
## **Testing Tools: TB Skin Tests**

- 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

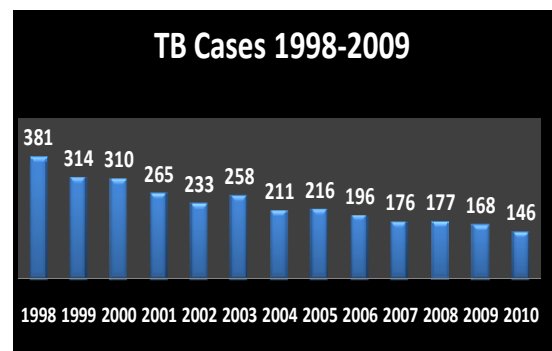
### Health Care Workers Use the N-95 Mask

- 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**