

01 How can I be exposed to TB?

TB is a disease that spreads through the air. If you spend enough time near someone with active TB disease of the lungs or throat, you may become infected.

You can only get infected by breathing in TB germs (bacteria) that a person coughs into the air. You **cannot** get TB from someone's clothes, drinking glass, eating utensils, handshake, toilet, or other surfaces where a TB patient has been.

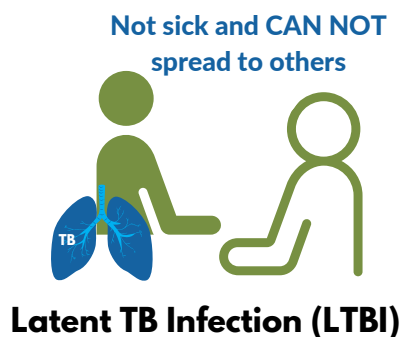
02 What should I do after being exposed to TB?

We recommend you get tested for TB as soon as possible. Check for TB symptoms, and contact your doctor immediately if you notice you have been experiencing any of these symptoms:

- Feeling weak or sick
- Unexplained weight loss
- Fever and/or night sweats
- Cough that does not get better
- Chest pain
- Coughing up blood
- Other symptoms depend on the part of the body that is affected

03 Is it safe to spend time around family?

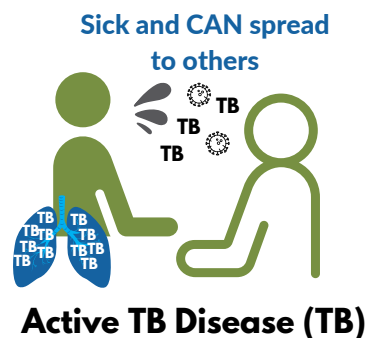
You can only be sure that you are safe to be around others if you get tested for TB. When a person has **latent TB infection (LTBI)**, it is safe for them to interact with others because they are **not infectious**. **Take treatment for LTBI to make sure it does not become active TB**. Talk to your doctor about your risk for TB disease.



For those with LTBI, the TB bacteria is still alive, but it is not active.

LTBI is when your body fights the bacteria and can keep it under control.

If you have LTBI, you cannot pass TB to others, **you are not infectious**.



However, sometimes the body cannot contain the LTBI bacteria. LTBI can become active TB disease. This change can take months or years.

When LTBI becomes active TB, you would not be able to be around others until properly treated.

Active TB can be passed from person-to-person.

KNOW YOUR TB STATUS. GET TESTED. IF POSITIVE, TAKE MEDICATION.

04 I was exposed to someone with active TB...

There are many factors to consider when determining your risk for becoming infected and for developing TB disease after an exposure. **The details of your risk can be discussed with your medical provider.** Children and people who have immunocompromising conditions need to be especially careful after being exposed.

It is important to get tested for TB after an exposure and discuss results with your medical provider. It can take about 8-10 weeks for the bacteria to show up on a TB test after you've first been infected. The bacteria usually does not make you infectious and/or cause symptoms quickly.

05 If my PPD (a Tuberculin Skin Test) has "always" been positive, do I still need treatment?

We cannot predict who is going to develop active TB disease. The only way to prevent developing active TB disease is taking medicine to treat your TB infection.

You cannot spread latent TB infection (LTBI) to others. But, if you become sick with active TB disease, you can make other people sick too. You can spread active TB disease just by coughing or talking.

06 Many people have TB bacteria in their bodies, but they never get active TB disease. Why should I get treatment when I probably will not develop active TB disease anyway?

We cannot predict who is going to develop active TB disease. The only way to prevent developing active TB disease is by treating your TB infection.

07 Why should I receive LTBI treatment? (If the person is or may become pregnant):

Active TB disease can pose significant health risks to both the mother and child during and after pregnancy. If your TB test is positive, it is safe and recommended to get a chest X-ray during pregnancy.

Even if you are breastfeeding, you can still take medicine to treat TB infection. It will not harm the baby.

08 Why should I receive LTBI treatment? (If the person is living with HIV):

HIV infection is the strongest risk factor for TB infection developing into active TB disease, which is a more serious illness.

09 Why should I receive LTBI treatment? (If the person does not feel sick):

Even though you may not feel sick right now, TB can become active at any time and make you very sick.

If you take the medicine before you feel sick, you can keep yourself, your family and friends from getting TB. If you wait until you feel sick to take medicine, you may have already passed TB germs to others.

There are short-course medication options to treat TB before you get sick. It is much harder to treat TB when it's active. It takes more medicine and more time to treat active TB.

KNOW YOUR TB STATUS. GET TESTED. IF POSITIVE, TAKE MEDICATION.