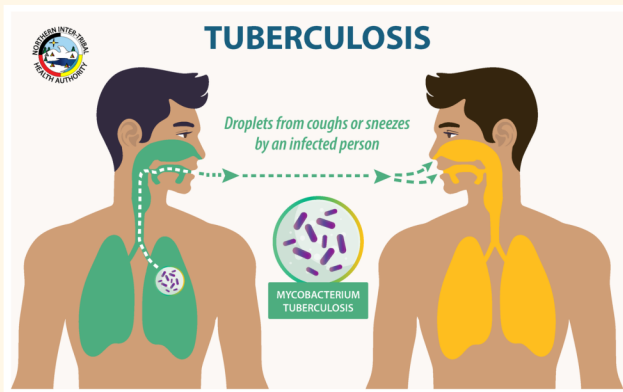


TUBERCULOSIS



What is Tuberculosis? Tuberculosis (TB) is caused by the TB bacteria (germ).

TB usually affects the lungs but it can affect any part of the body.

TB is spread through the air from person to person when someone with active TB in the lungs or throat coughs, sneezes, sings or speaks.

The TB bacteria can stay in the air for hours. People who breathe the air containing the TB bacteria may become infected.

TB cannot be spread by touching surfaces, shaking hands or sharing objects.

Latent TB (TB infection)

A person exposed to TB may develop latent TB infection.

People with latent TB:

- cannot spread the TB bacteria to others
- usually have a positive tuberculin skin test
- will not feel ill or have signs & symptoms of active TB
- have the bacteria in their body but the immune system is keeping it under control
- are at risk of developing active TB

Active TB (TB disease)

Active TB occurs when the immune system cannot keep the bacteria under control. The bacteria begin to grow and multiply.

People with active TB:

- may spread the TB bacteria to others if the TB is in their lungs or throat
- usually have a positive tuberculin skin test
- may have signs & symptoms of TB and may feel ill
- require treatment

Treatment for Active TB and Latent TB infection are offered by specially trained TB Program workers in your community. Please contact NITHA TB program for more information: (306) 953-5000



What can I do?

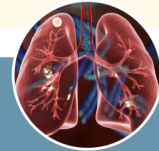
Know the Risk Factors for TB

Risk of latent TB:

Contact with a person with infectious active TB.

Risk of developing active TB can increase with certain conditions, such as:

- AIDS or HIV infection
- medication or medical conditions that weaken the immune system
- chronic renal failure
- some types of cancer
- infection with latent TB within the last two years
- diabetes
- being malnourished or under weight
- cigarette smoking



KNOW THE SIGNS & SYMPTOMS OF ACTIVE TB

Cough for 3 weeks or longer	✓
Pneumonia that does not improve with antibiotics	✓
Fever for more than one week	✓
Chills	✓
Night Sweats	✓
Coughing up blood	✓
Unexplained weight loss or loss of appetite	✓
Chest pain or shortness of breath	✓
Fatigue	✓
Abnormal chest x-ray	✓

If you have symptoms don't delay...Speak with your physician or nurse! You may need a chest x-ray or other tests.

Remember...TB can be Prevented ~ Treated ~ Cured

