

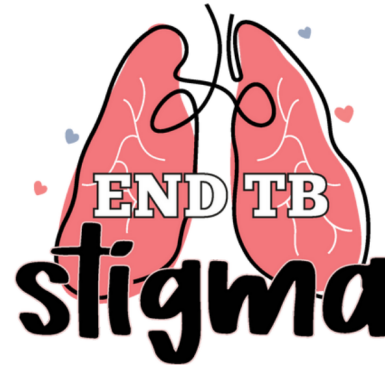
## Treating TB

If you have TB in your lungs, you may be able to spread it to others. If you are infectious, you will need to stay home while you start treatment to avoid spreading TB to others. TB is treated with antibiotics that are prescribed by a health care provider.

Your community has specially trained TB program workers that provide treatment and offer support. TB treatment can be anywhere from 6 months to over a year long.

## TB and stigma

- Historical treatment of TB can contribute to negative feelings towards TB.
- This can make people feel hesitant and avoid contact to seek care and treatment.
- Stigma persists due to lack of health care provider, patient and public awareness about TB.
- Talking about TB openly will help lessen any negative feelings towards TB.





Northern Inter-Tribal  
Health Authority


# Tuberculosis

## Active TB Disease

If you would like more information, please  
contact your Community Health Nurse:

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

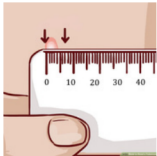
or the NITHA TB Program at 306-953-5000

## What is Tuberculosis? (TB)

TB is a disease that is most often found in the lungs but can also affect other parts of the body like the brain, the liver, kidneys, bones and joints.

## How is TB diagnosed?

TB disease can be diagnosed by getting a thorough medical history, TB Skin Test (TST), Sputum Test, and Chest X-ray.



## How is TB spread?

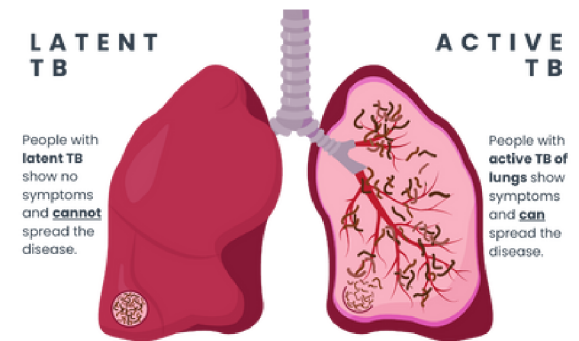
- ✔ A person with Active TB of the lungs coughs the TB germs into the air where they can stay for several hours.
- ✔ If you are in the same room, house, workplace or school as the person who is coughing the TB germ into the air, you can become infected.
- ✔ Overcrowding in households increases the risk of spreading TB.
- ✔ The more times a person is exposed to TB the higher the chance of developing TB.
- ✔ Active TB can be life threatening if left untreated and can result in death.

## TB Prevention, what can we do?

- ✔ Learn the signs and symptoms of Active TB Disease.
- ✔ If you have symptoms of Active TB, call your local health center and request screening for TB.
- ✔ Be sure to complete all the recommended screening — this could be a Skin Test (TST), a Chest X-ray or Sputum Tests.
- ✔ If family members have symptoms encourage them to get screening.
- ✔ Remember that TB can affect **ANYONE!**

## Did you know?

- ✔ There are two types of Tuberculosis (TB): Active TB disease and Latent TB infection (LTBI).



- ✔ Taking TB treatment for Latent TB infection reduces the chances of developing Active TB in the future.
- ✔ Children under the age of 5 are at a higher risk of developing serious forms of TB.
- ✔ Diabetes, HIV infection, cancer, smoking, and alcohol use may increase your risk of developing Active TB.

## Signs and Symptoms of Active TB



**WORLD  
TB DAY**  
— MARCH 24 —

Together we can  
**END  
TB**