

*Communities
can work together
to eliminate TB!*



*TB is curable
and preventable...*
Think TB!

Canada

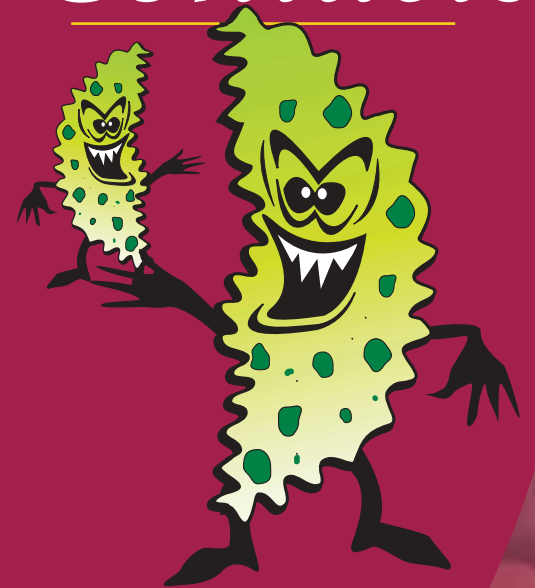
For more information contact
your local health centre:



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TB *Contacts*



Health
Canada

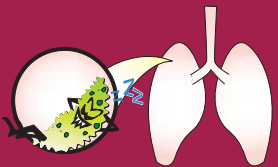
Santé
Canada

What is tuberculosis (TB)?



TB is caused by bacteria (germs) and is spread when a person with TB disease of the lungs coughs the germs into the air. People sharing that air may breathe in the germs and develop either...

TB infection...



The germs are asleep, not causing damage, and cannot be spread to others.

TB disease...



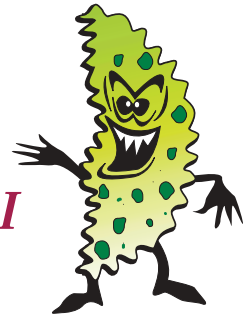
The germs are awake and causing damage. TB disease of the lungs is contagious.



The germs can wake up and cause TB disease later in life.

Is TB disease contagious?

Only TB disease of the lungs is contagious.



I've been told I'm a contact. What does that mean?

Being a contact means you have shared air space with a person who has contagious TB disease. You may have breathed in the germ and become infected with TB.

What will happen next?

If you think you may be a contact, visit your health centre.

- ◎ The nurse will ask about:
 - your health history
 - time spent with the person with TB
 - symptoms of TB
- ◎ The nurse will do a TB skin test to determine if you have TB germs in your body. You may also need more tests.
- ◎ If you have had TB disease or a positive skin test before, you will need to have a chest x-ray and sputum tests.



Does this mean I am going to develop TB disease?

Most people who breathe in the TB germ do not develop TB disease, but **1 in every 10 people exposed will develop TB disease at some point in their life.** People who are very young or very old or have weak immune systems have a greater chance of developing TB disease.

Will I need to take medications?

If the skin test shows you have the TB germ in your body, you will be offered medications to treat the infection. This will kill the sleeping germs and prevent you from getting sick with TB disease. If you do not take the medications, you will need follow-up tests to ensure the germs do not wake up and cause damage to your body.

**TB IS
PREVENTABLE
AND CURABLE**