

TB: What You Should Know

**Satellite Conference and Live Webcast
Wednesday, September 16, 2009
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Produced by the Alabama Department of Public Health
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Faculty

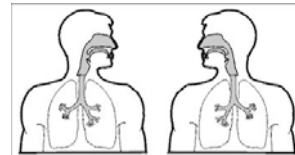
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Outline of Discussion

- Review of basics
- Latent TB Infection/Active TB Disease
- Preventive treatment
- Stop the spread
- Masks
- Reporting TB
- Questions

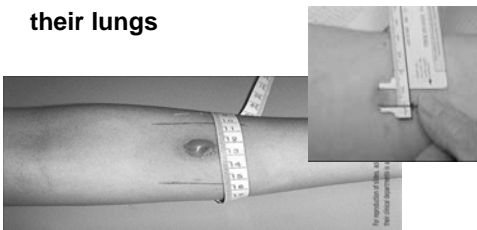
What is TB? (Tuberculosis)

- 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



TB Chest X-ray

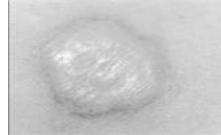
- GOT a positive skin test (TB infection) from breathing in the germ
- GET chest x-ray and make sure you do not have TB disease

Two Types of TB

- Latent TB Infection
- TB disease

Latent TB Infection

- A person with Latent TB Infection
 - Has a **POSTIVE** 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 test or Latent TB Infection
 - 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
- 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, or sings, sending TB germs into the air for someone to inhale

Sneezing and Coughing



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

- You get TB from being in VERY CLOSE CONTACT with someone who is sick with TB... breathing the same air

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
- Fever
- Weight loss
- Night sweats
- Cough
- Loss of appetite
- Spit up blood
- 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 a paper mask

Health Care Workers Use the N-95 Mask

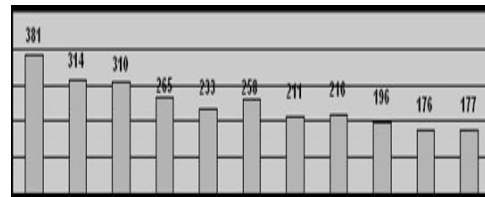
- Proper Fit Testing is needed
- Get the right size
- No gaps
- Filters out germs



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

Questions?