

TEST RESULTS

- Negative Result: This means that the person did not react to the test and that TB is not likely.
- Positive Result: This means that the person has been exposed to the TB bacteria. Additional tests are needed to determine if the person has active TB. A treatment plan will be determined by the health care provider.

TREATMENT

- TB can be treated by taking medication for 6 to 12 months. This medication kills the TB bacteria in a person's body.
- It is important that a person who has TB finish the medicine and take the medication exactly as directed.
- If a person stops taking the medication too soon, they can become sick again because bacteria may still be alive and re-infect the person.
- If a person does not take medication correctly, the TB bacteria that are still alive may become resistant and not respond to treatment. TB that is resistant to medication is harder and more expensive to treat.

**Please discuss any concerns or questions
with your health care provider**

ADDITIONAL RESOURCES

Centers for Disease Prevention and Control
<http://www.cdc.gov/tb/>

Arizona Department of Health Services
<http://www.azdhs.gov/phs/oids/tuberculosis/>

Nevada Department of Health and Human Services
http://health.nv.gov/CD_HIV_TBProgram.htm

Utah Department of Health
http://health.utah.gov/cdc/tb_home.htm

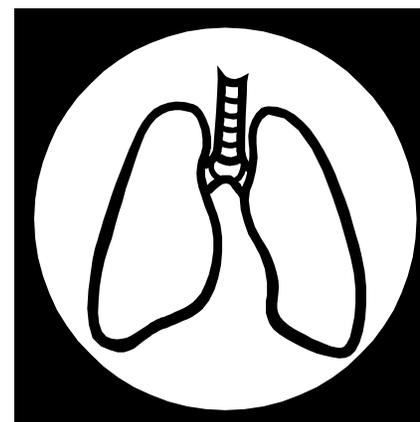
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TB: Tuberculosis



BASIC FACTS



Inter Tribal Council of Arizona, Inc.
Tribal Epidemiology Center

Tuberculosis

Tuberculosis (TB) is an infectious disease caused by *Mycobacterium tuberculosis*. TB usually attacks the lungs, but it can attack any part of the body such as the kidney, spine, and brain. TB can cause death if it is not treated properly.

HOW TB SPREADS

TB is spread through the air when a person who has an active TB infection coughs, sneezes, speaks, or sings. People who are nearby may breathe in the TB bacteria and become sick and infected.

TB is not spread by shaking someone's hand, sharing food or drink, sharing toothbrushes, touching bed linens or toilet seats, or kissing.

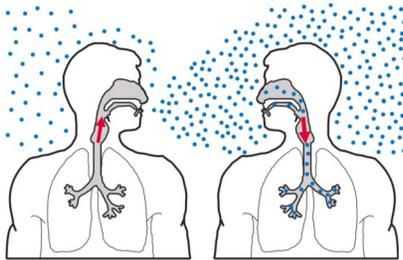


Figure 1. How TB spreads

TB RISK FACTORS

A person increases their chance of developing TB if they have been exposed to the bacteria and they:

- Are an elderly person or young child
- Have other health problems that make it hard for the body to fight the bacteria, like diabetes or cancer
- Have HIV/AIDS
- Abuse alcohol or use illegal drugs
- Were not treated properly for TB infection in the past

TB SYMPTOMS

A person with TB may have any, all or none of the following symptoms:

- A bad cough that lasts 3 weeks or longer
- Pain in the chest
- Coughing up blood
- Weakness or tiredness
- Weight loss
- No appetite
- Chills
- Fever
- Sweating at night

TUBERCULOSIS SCREENING QUESTIONS

If you answer "yes" to any of the following questions, you should get tested:

- Have you ever had a positive TB skin test or TB blood test?
- Have you ever taken medication for TB?
- Have you been in contact with someone who has TB?
- Do you have any diseases that could affect your immune system such as cancer, leukemia, or other?
- Do you have diabetes?
- Do you have severe kidney disease?
- Do you have HIV/AIDS?
- Have you ever used injection drugs?
- Have you been homeless within the past year?
- Have you lived in any of these facilities in the past year? (Jails, prisons, shelters, rehabilitation centers, nursing homes, or other long-term care facilities, etc.)
- Have you ever traveled outside the U.S.? If so, which country and how long were you there?

HOW TO TEST FOR TB

- Testing can be performed at an IHS clinic, local health departments or doctors' offices.
- Skin Test: The test is performed by injecting a small amount of fluid called tuberculin into the skin in the lower part of the arm. **A person given the skin test must return within 48 to 72 hours to have a trained health care worker look for a reaction on the arm. If the result is not read within a 48 to 72 hour period, the skin test must be done again.**
- Blood Test: The test requires a blood sample. The test checks to see how the body reacts to the bacteria that cause TB.



Figure 2. Skin testing injection



Figure 3. Skin test reading