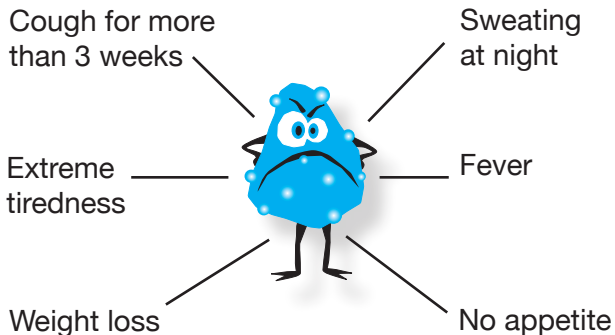
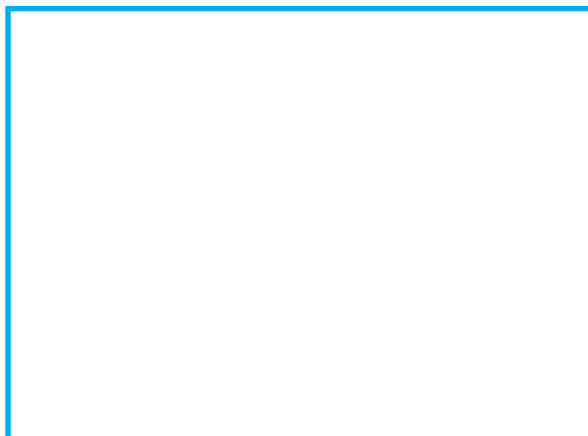


## TB disease...

the germ is awake and causing harm to the body. It can cause these symptoms...



For more information contact your local health centre



[www.hss.gov.yk.ca](http://www.hss.gov.yk.ca)

**Yukon**  
Health and Social Services

Adapted with permission from  
The Lung Association, Alberta and NWT

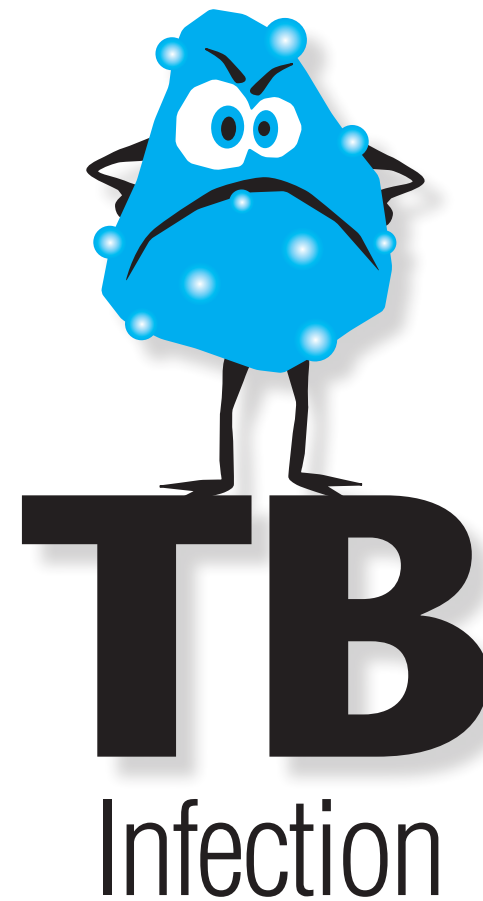
2010

*Communities can work together to eliminate TB!*

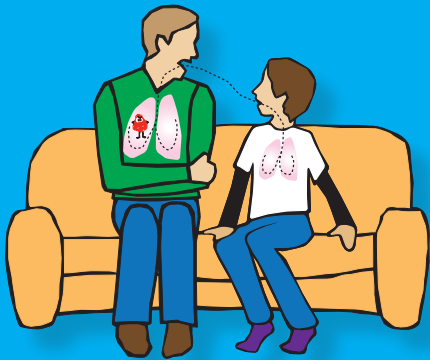


**TB is CURABLE and PREVENTABLE...**

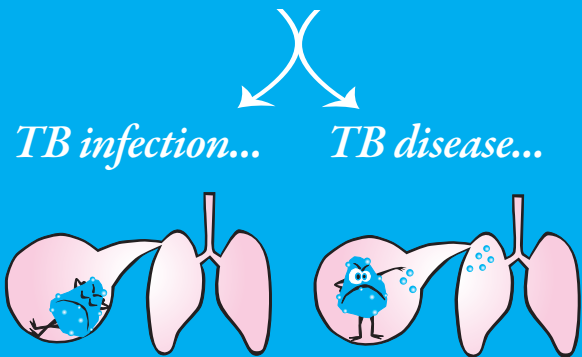
**Think TB!**



## What is tuberculosis (TB)?

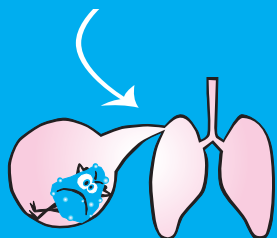


**TB** is caused by bacteria (germs) and is spread when a person with **TB** disease of the lungs coughs the germs into the air. People sharing that air may breathe in the germs and develop either...



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

The germs are awake and causing damage. **TB** disease can be spread to others.



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

## Preventing TB Disease – don't let TB Infection wake up!

You have a positive **TB** skin test. This means you may have the **TB** germ asleep in your body. This is called **TB** infection.

If you are healthy, you have a 1 in 10 lifetime chance of the **TB** germs waking up and causing **TB** disease. If you have conditions that make it hard for you to fight infections, your chance of getting **TB** disease is greater.

## Prevent TB

You can get rid of the **TB** infection by taking special **TB** medicine.

- These medicines kill the sleeping **TB** germs before they have a chance to wake up. This prevents you from getting **TB** disease!
- By preventing **TB** disease for yourself, you are protecting your family and friends

## Making the decision about TB prevention medication...

- The decision to accept the prevention **TB** medication is yours
- The community nurse will talk to you about taking **TB** medications
- The medicine needs to be taken for about 6 to 9 months
- You will need to have blood tests while you are taking the medication
- Alcohol and drugs should be avoided because they make your liver work harder
- By preventing **TB** disease for yourself, you are protecting your family and friends

## CONDITIONS THAT INCREASE YOUR RISK OF DEVELOPING TB ARE:

- HIV and AIDS
- Organ transplant (because of drugs that must be taken)
- Kidney failure (especially those needing dialysis)
- Some cancers (because of drugs that must be taken)
- Recent contact with **TB**
- Chest X-rays showing signs of old **TB**
- Taking medications which weaken the immune system
- Diabetes
- Underweight

If you have one of these medical conditions you should see your community health nurse or doctor for a **TB** check up.

You will be checked for **TB** infection.

If you have **TB** infection you may be offered special medicine to get rid of the sleeping germ. These medicines kill the germs before they have a chance to wake up. This prevents you from getting **TB** disease.

Your community nurse will check in with you regularly to be sure that you are staying well.



**REMEMBER TB** can be **TREATED** and is **CURABLE!**