
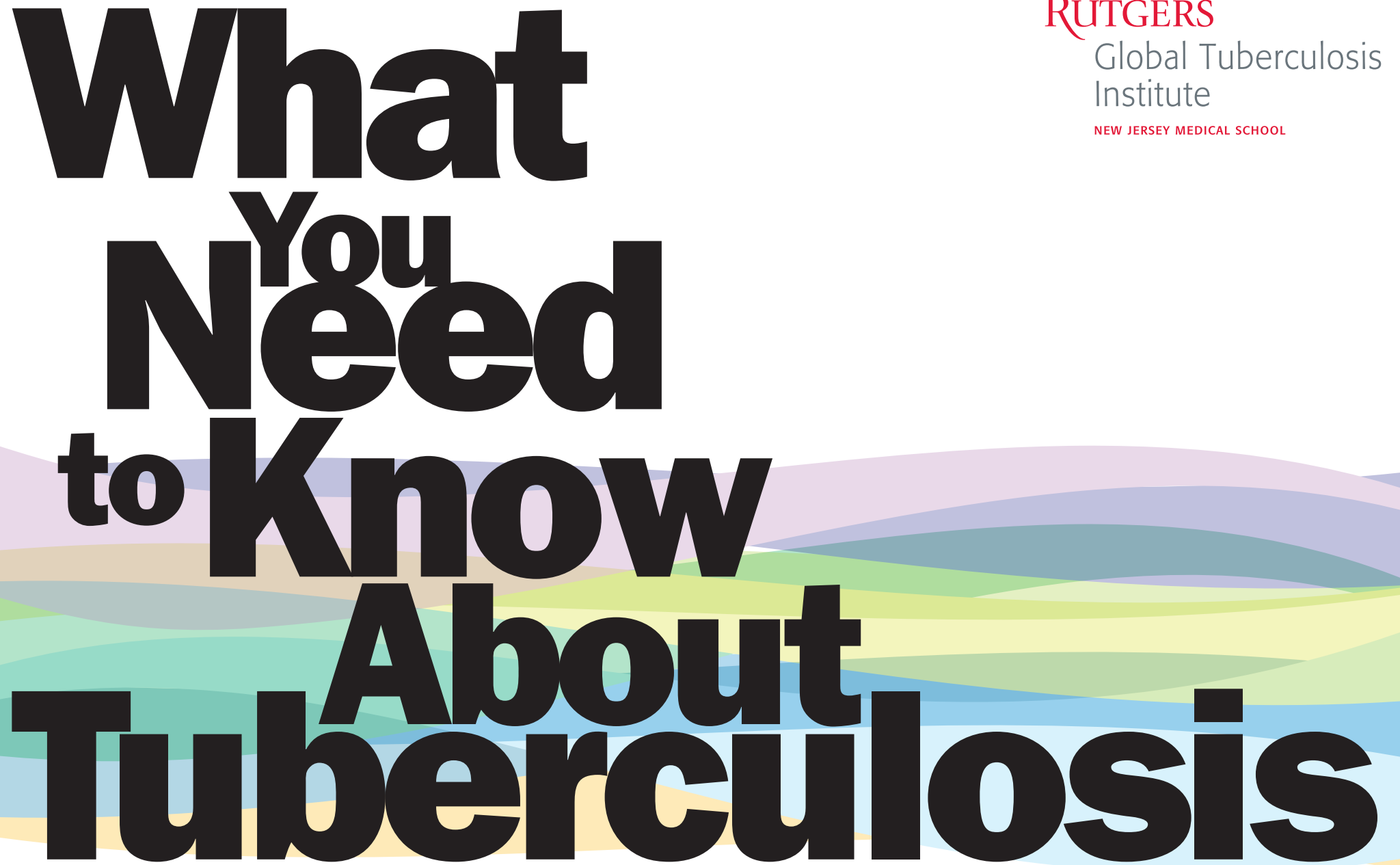


RUTGERS
Global Tuberculosis
Institute
NEW JERSEY MEDICAL SCHOOL



**What
You
Need
to Know
About
Tuberculosis**



**What
You
Need
to Know
About
Tuberculosis**

What's Inside

This flipbook has three sections:

TB Testing

Panel A1

A

Latent TB Infection

Panel B1

B

TB Disease

Panel C1

C

Each section covers basic information from the other sections, so it is only necessary to use the one section that corresponds to the educational needs of your patient.

2022 Edition

How to use this flipbook: *Instructions for the health care professional*



This flipbook is intended to be a tool to assist the TB patient education process with English-speaking TB patients and their family members. Sitting across from each other, or side by side, black and white panels such as this one are to be viewed by the health care professional, while color panels are to be viewed by the patient.

Health care professionals are encouraged to read the text on the black and white provider panels to the patient, taking care to tailor the information to the needs of each patient as appropriate. Although this language may seem very basic, it was carefully developed according to health literacy principles.

Patients should be provided with appropriate educational materials to reinforce key messages included in this flipbook. CDC educational materials can be accessed at:

https://www.cdc.gov/tb/education/patient_edmaterials.htm



TB TESTING

TB Testing



A

TB Testing



What are the tests for TB?

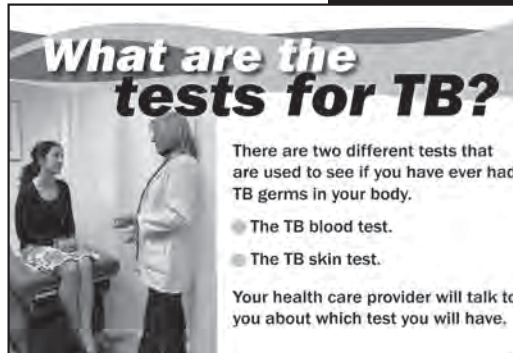


There are two different tests that are used to see if you have ever had TB germs in your body.

- The TB blood test.
- The TB skin test.

Your health care provider will talk to you about which test you will have.

What are the tests for TB?



A.1

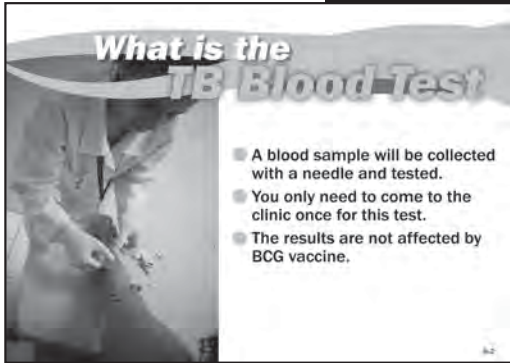
- There are **two tests** that can tell whether you have ever had TB bacteria, also called TB germs, in your body. These tests are used to help diagnose TB infection and TB disease.
- The two tests are the **TB blood test and the TB skin test.**
- Both the blood test and skin test can be used to test for TB, but the tests work differently. Sometimes one test can't be used, for example, if you have another medical condition or if one test is not available in your area.

What is the **TB Blood Test**



- A blood sample will be collected with a needle and tested.
- You only need to come to the clinic once for this test.
- The results are not affected by the BCG vaccine.

What is the TB blood test?



A.2

Note to health care professional:

Skip this panel if your health care facility is not using this test.

- Someone will take a blood sample from you and the blood will be tested for TB (**QuantiFERON-TB Gold Plus and T-SPOT.TB**).
- You will only need to come to the clinic once for this test.
- Some people are concerned that if they have had a BCG vaccine their TB test result will be positive. The BCG vaccine for TB (which is used in many countries, but is not used in the United States) does NOT affect the results of the TB blood test.

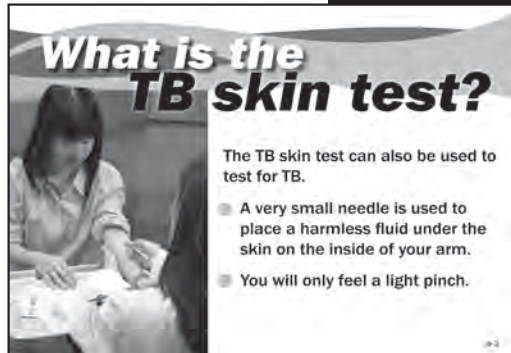
What is the **TB skin test?**



The TB skin test can also be used to test for TB.

- A very small needle is used to place a harmless fluid under the skin on the inside of your arm.
- You will only feel a light pinch.

What is the TB skin test?



A.3

The TB skin test is the other test that can be used for TB.

- A **very small needle** is used to place a harmless fluid under the skin on the inside of your arm.
- You will only feel a **light** pinch.



How do I get

my TB skin test results?

Come back in 2-3 days.

- Any bump that may appear on your arm will be measured.
- Only a health care provider can read your result correctly.



A.4

How do I get my TB skin test results?

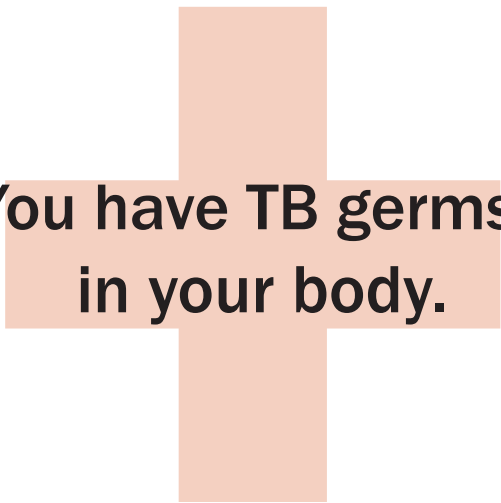
- **You must come back** to the office **2-3 days after** you are given the test.
- Your health care provider will tell you **exactly** when to come back to the office to have your skin test result read.
- At that time, a health care provider will look at the test spot and measure any bump that may appear there.
- **A health care provider is the only person who can read your result correctly.** It is important to come back, even if you see nothing on your arm.

What does my **TB test result mean?**

If your test is:

Positive

You have TB germs
in your body.



Negative

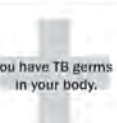
You don't have TB germs in your
body, or

The test is not able to find the TB
germs in your body at this time, or

Your body is not able to react to the
test at this time.

What does my TB test result mean?

What does my TB test result mean?

If your test is:	
Positive	Negative
 <p>You have TB germs in your body.</p>	<p>You don't have TB germs in your body, or</p> <p>The test is not able to find the TB germs in your body at this time, or</p> <p>Your body is not able to react to the test at this time.</p>

A.5

Note to health care professional:

Depending on the patient's medical history, explain that test results may remain positive for their lifetime even after completing treatment for TB infection or TB disease.

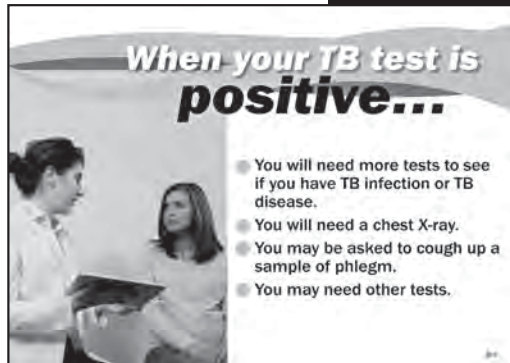
- If your TB test is **positive**, it means you currently have live TB germs in your body. These germs could have entered your body recently or some time in the past.
- If your TB test is **negative**, it means you do not have TB germs in your body, **or** the test is not able to find the TB germs in your body at this time, **or** your body is not able to react to the test at this time.

When your TB test is positive...



- You will need more tests to see if you have TB infection or TB disease.
- You will need a chest X-ray.
- You may be asked to cough up a sample of phlegm.
- You may need other tests.

When your TB test is positive...



A.6

- If your TB test is positive, you will need more tests to see if you have TB infection or TB disease. This is important because the treatment will be different.
- You will need an X-ray of your chest.
- You may be asked to cough up a sample of phlegm. A health care provider will give you a container and instructions on how to do this.
- In some cases, your doctor may also ask for other tests, if he or she feels that you need them.

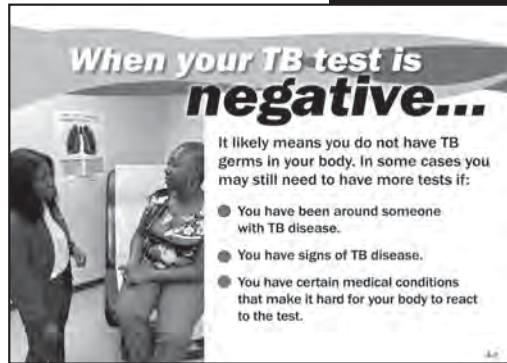
When your TB test is **negative**...



It likely means you do not have TB germs in your body. In some cases you may still need to have more tests if:

- You have been around someone with TB disease.
- You have signs of TB disease.
- You have certain medical conditions that make it hard for your body to react to the test.

When your TB test is negative...



A.7

Note to health care professional:

For patients who may need more tests, spend more time explaining the information on this panel.

Most likely, you do not have TB germs in your body. Sometimes, even when your TB test is negative, **you may need to have more tests** to find out if you have TB germs in your body. You may still need to have more tests if:

- You have been around someone with TB disease (this is sometimes referred to as being a contact). **You will need to be tested again 8 to 10 weeks after your last exposure to the person with TB.** This is because it may take your body this amount of time to react to the test.
- You have signs of TB disease like coughing, chest pain, fever, weight loss, or tiredness.
- You have a condition that makes it hard for your body to react to the test.

TB INFECTION

TB Infection



B

TB Infection



What is TB?



TB infection

- TB germs in your body are **alive but not active**.
- Will not feel sick.
- **CANNOT** pass TB germs to others.
- Need to take TB medicine to kill TB germs in your body.

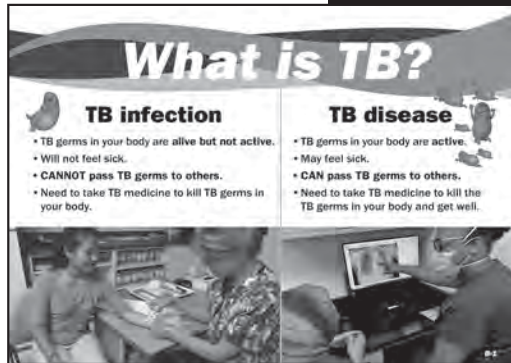


TB disease

- TB germs in your body are **active**.
- May feel sick.
- **CAN** pass TB germs to others.
- Need to take TB medicine to kill the TB germs in your body and get well.



What is TB?



B.1

TB is a short name for tuberculosis. TB is a disease that usually affects the lungs, but sometimes affects other parts of the body. TB infection and TB disease are treated differently. Let's take a closer look at each.

- **TB infection** means you have live TB bacteria (also called germs) in your body, but the germs are not active.
- One way to understand this is to think of the germs as “waiting”.
- The germs are not making you sick at this time and you cannot pass them to anyone else.
- If you don't take the right medicine to kill the TB germs now, you can get sick with TB disease in the future.
- If you get sick with TB disease, you can pass TB germs to others.
- Taking medicine for TB infection will kill the germs in your body so they don't become active and make you sick.
- **TB disease** means you have active TB germs in your body that can make you and others around you very sick.
- You may: **cough, lose weight, feel tired, have a fever, chills, or have night sweats until you get treatment.**
- If you have TB disease you will need to take several TB medicines correctly to get better and be cured.

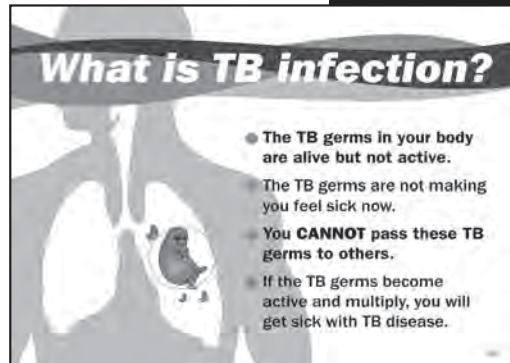
Note to health care professional:

The term “sleeping” can also be a useful way to help patients understand and conceptualize the difference between TB infection and TB disease.

What is TB infection?

- The TB germs in your body are alive but not active.
- The TB germs are not making you feel sick now.
- You **CANNOT** pass these TB germs to others.
- If the TB germs become active and multiply, you will get sick with TB disease.





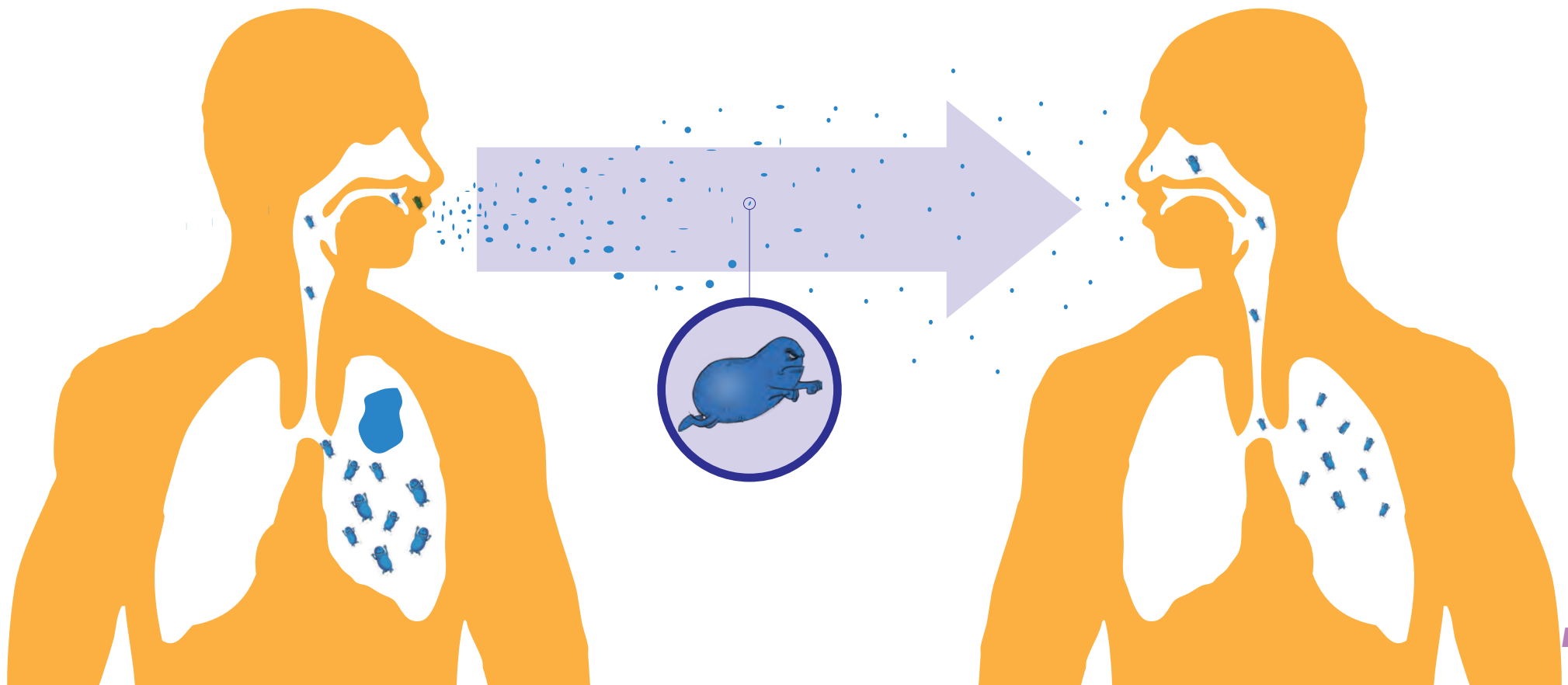
B.2

What is TB infection?

- Just to review the last panel, **TB infection means you have TB germs in your body that are alive but are not active.**
- While the TB germs are waiting, they are not making you sick and you cannot pass these TB germs to anyone else.
- If the TB germs **do** become active and multiply, you will get sick with TB disease.

How did I get TB infection?

- Spread through the air.
- If you breathe in TB germs, you may get TB infection.



How did I get TB infection?



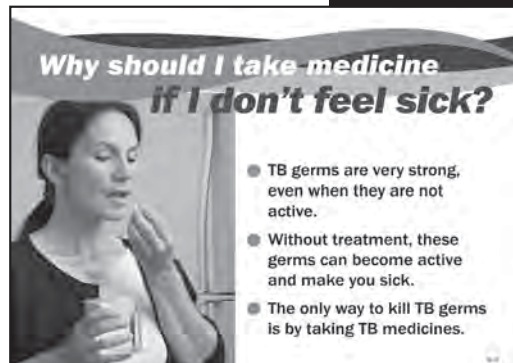
B.3

- **TB germs are spread through the air when a person with TB disease (*point to figure with TB disease on patient panel*) coughs, laughs, sings, or sneezes.**
- If you breathe in TB germs, you may get **TB infection**. This means you have live TB germs in your body, but they are not active.

Why should I take medicine if I don't feel sick?



- TB germs are very strong, even when they are not active.
- Without treatment, these germs can become active and make you sick.
- The only way to kill TB germs is by taking TB medicines.



B.4

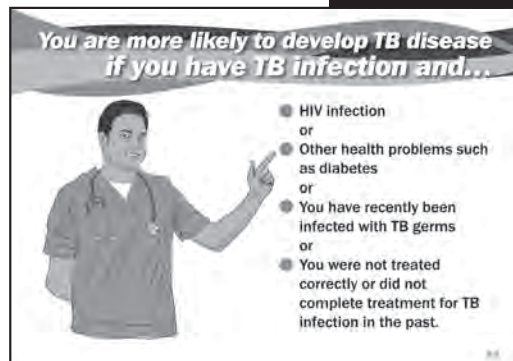
Why should I take medicine if I don't feel sick?

- Even though the TB germs in your body are not active, **they are very strong.**
- Many germs are killed shortly after you start taking your medicine, but some stay alive in your body for a long time. It takes longer for them to die.
- As long as you have TB germs in your body, they can become active, multiply, and make you sick with TB disease.
- **The only way to get rid of TB germs now, so you don't get sick later, is by taking TB medicines.**

You are more likely to develop TB disease if you have TB infection and...



- HIV infection
or
- Other health problems such as diabetes
or
- You have recently been infected with TB germs
or
- You were not treated correctly or did not complete treatment for TB infection in the past.



Some people with TB infection are more likely to develop TB disease

Some people with TB infection have a higher chance of getting TB disease. For example, if you:

B.5

- **Have HIV infection**

When your body is busy fighting against other infections or diseases it may lose the ability to stop the TB germs from becoming active.

- **Have other health problems**

Other health problems like uncontrolled or poorly controlled diabetes or some types of cancer may make it hard for your body to fight TB germs.

- **Have been recently infected with TB**

This is because you will have the most TB germs in your body during the first few years after you have been infected.

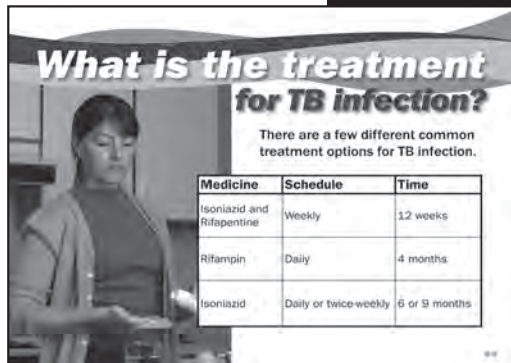
- **Were not treated correctly for TB in the past**

If you did not receive the right number of doses of TB medicine or did not take all of your TB medicine in the past, all of the TB germs many not have been killed.

What is the treatment for TB infection?

There are a few common treatment options for TB infection.

Medicine	Schedule	Time
Isoniazid and Rifapentine	Weekly	12 weeks
Rifampin	Daily	4 months
Isoniazid	Daily or twice-weekly	6 or 9 months



B.6

Note to health care professional:

If your patient has a disease or circumstance that requires an alternate treatment plan, please use this opportunity to discuss the alternate plan or to mention that a health care provider will discuss a plan with the patient.

What is the treatment for TB infection?

- There are a few common options for treating TB infection the right way. Some of the treatments can't be used if you are taking certain medicines, have another health condition, or are pregnant.
- Every patient is different. You and your health care provider will decide which treatment plan is right for you.
- One common treatment for TB infection is a combination of two medicines, **isoniazid**, often called **INH**, and **rifapentine**. These medicines are taken together once a week for **12 weeks**, or about **3 months**.
 - In some cases, the medicine may be given using Directly Observed Therapy (DOT) which means a health care worker will meet with you and watch you take your medicine.
 - Since you are only taking 12 doses of the medicine, it is important to take all your doses on time to kill all the TB germs in your body.
 - If you miss a dose, tell your health care worker.
- Other treatment options include a medicine called **rifampin**, which is taken every day for **4 months** or **isoniazid** alone, which is taken for **6 or 9 months**.
- **Isoniazid** can be taken **daily** or a **few times a week**.
- Although we are talking about weeks and months, completing treatment for TB infection is based on the number of doses of medication, so we count every dose you take!

Does the medicine have any side effects?



All medicines can have side effects. Rifampin and rifapentine can turn some body fluids a reddish-orange color.

Call us right away if you have:

- Stomach pain or cramps.
- Less appetite or no appetite for food.
- Nausea or vomiting.
- Aches or tingling in your fingers or toes.
- A fever or chills.
- Aching joints.
- Severe tiredness or weakness.
- Dizziness or lightheadedness.
- Itching.
- Easy bleeding when cut, nosebleeds, or bleeding from gums.

Or if you notice:

- Your skin or eyes are yellow.
- A rash on your body.
- Dark urine.
- Light colored stools.

Most people can take their TB medicines without any problems.



Does the medicine have any side effects?

Like all medicines, the medicine you take for TB infection can have side effects. A common, harmless side effect of rifampin and rifapentine is that it can turn your urine, tears, and saliva a reddish-orange color. Remember, people react differently to medicines. Please let us know right away (**indicate a specific person and/or phone number**) if you have:

- Stomach pain, or cramps, particularly in the right upper quadrant of your stomach.
- Less appetite or no appetite for food.
- Nausea or vomiting.
- Aches or tingling in your fingers or toes.
- A fever or chills.
- Aching joints.
- Severe tiredness or weakness.
- Dizziness or lightheadedness.
- Itching.
- Easy bleeding when cut, nosebleeds, or bleeding from gums.

Or if you notice:

- Your skin or eyes are yellow.
- A rash on your body.
- Dark urine.
- Light colored stools or any other new or unusual symptom since starting your TB medicine.

Do not drink alcohol during treatment for TB infection. Alcohol can increase the likelihood of side effects and hurt your liver. Hormonal birth control methods may not work as well. Most people can take their TB medicine without any problems and will not need to be treated again.

B.7

Note to health care professional:

Use this opportunity to individualize patient counseling based on specific medical conditions and risk factors including the use of alcohol or other hepatotoxic medications (e.g., acetaminophen), while emphasizing that most people can take TB medicine with no problems.

Take steps to remember to take your pills



Always take your full dose of medicine even if you are feeling good.

Tips:

- Take your medicine at the same time for each dose.
- Keep medicine in one place.
- Use a pillbox.
- Write yourself a note.
- Set an alarm on your phone or use a medication reminder app.
- Ask a family member or friend to help you remember.
- Use a calendar.

Take steps to remember to take your pills



B.8

Note to health care professional:

Tailor these tips to approaches used in your facility. Discuss the importance of keeping TB medication away from children, particularly when using a pillbox.

- **Taking medicine every day** can be a challenge. Remind yourself that you are staying on the medicine to kill all the TB germs so you don't get sick with TB disease in the future.
- Remember to always take your full dose of medicine, **even if you are feeling good.**
- To help you remember to take the medicine, try some of these tips:
 - Take your medicine at the same time for each dose.
 - Keep your medicine in one place, where you can't miss it.
 - Use a pillbox. Put one week's worth of pills in the box.
 - Write yourself a note and put it someplace you see often.
 - Set an alarm on your phone or use a medication reminder app.
 - Ask a family member or friend to help you remember.
 - Use a calendar to mark off the days you have taken your medicine.

A healthcare professional, likely a radiologist or pulmonologist, is shown in profile, wearing a white surgical mask and glasses. They are pointing their right index finger at a chest X-ray displayed on a computer monitor. The monitor is part of a workstation that includes a keyboard and a mouse. In the foreground, the back of a patient's head with long, light-colored hair is visible, suggesting the professional is explaining the scan to the patient. The entire scene is overlaid with a semi-transparent green filter. A yellow and blue banner at the bottom contains the text 'TB Disease'.

TB Disease

C

TB Disease



What is TB?



TB infection

- TB germs in your body are **alive but not active.**
- Will not feel sick.
- **CANNOT** pass TB germs to others.
- Need to take TB medicine to kill TB germs in your body.

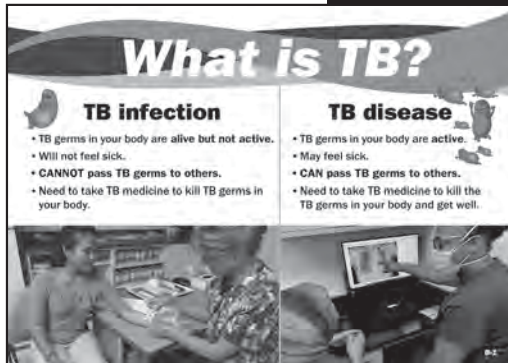


TB disease

- TB germs in your body are **active.**
- May feel sick.
- **CAN** pass TB germs to others.
- Need to take TB medicine to kill the TB germs in your body and get well.



What is TB?



C.1

TB is a short name for tuberculosis. TB is a disease that usually affects the lungs, but sometimes affects other parts of the body. TB infection and TB disease are treated differently. Let's take a closer look at each.

- **TB infection** means you have live TB bacteria (also called germs) in your body, but the germs are not active.
- One way to understand this is to think of the TB germs as “waiting”.
- The germs are not making you sick at this time and you cannot pass them to anyone else.
- If you don't take the right medicine to kill the TB germs now, you can get sick with TB disease in the future.
- If you get sick with TB disease, you can pass TB germs to others.
- Taking medicine for TB infection will kill the germs in your body so they don't become active and make you sick.
- **TB disease** means you have active TB germs in your body that can make you and others around you very sick.
- You may: **cough, lose weight, feel tired, have a fever, chills, or have night sweats until you get treatment.**
- If you have TB disease you will need to take several TB medicines correctly to get better and be cured.

Note to health care professional:

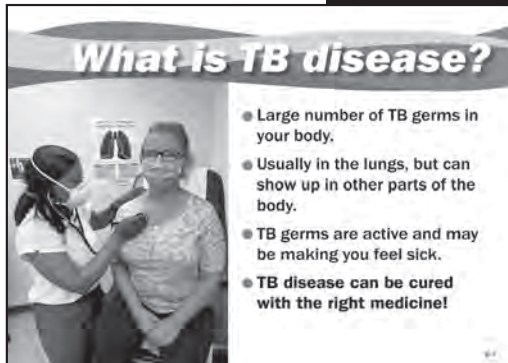
The term “sleeping” can also be a useful way to help patients understand and conceptualize the difference between TB infection and TB disease.

What is TB disease?



- Large number of TB germs in your body.
- Usually in the lungs, but can show up in other parts of the body.
- TB germs are active and may be making you feel sick.
- **TB disease can be cured with the right medicine!**

What is TB disease?



C.2

- **TB disease means you have a large number of TB germs in your body.**
- These germs are usually in the lungs, but sometimes can show up in other parts of the body.
- These germs are active, and have multiplied.
- The germs may be making you feel sick.
- **TB disease can be cured with the right medicine.**

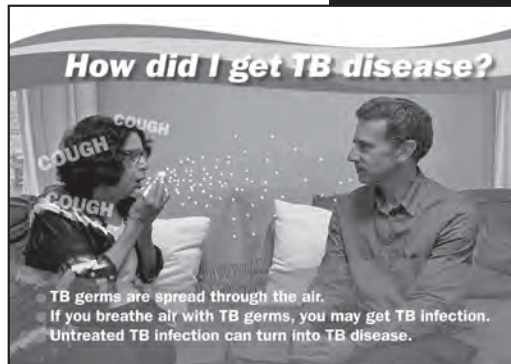
How did I get TB disease?

COUGH
COUGH
COUGH

A woman with dark curly hair and glasses is sitting on a couch, coughing into a white tissue. She is wearing a blue and white patterned shirt. A man with short grey hair is sitting next to her on the same couch, looking towards her. The couch has a yellow blanket and two white pillows. In the air between them, there are many small white dots representing TB germs. The background shows a window with curtains and a wall.

- TB germs are spread through the air.
- If you breathe air with TB germs, you may get TB infection.
- Untreated TB infection can turn into TB disease.

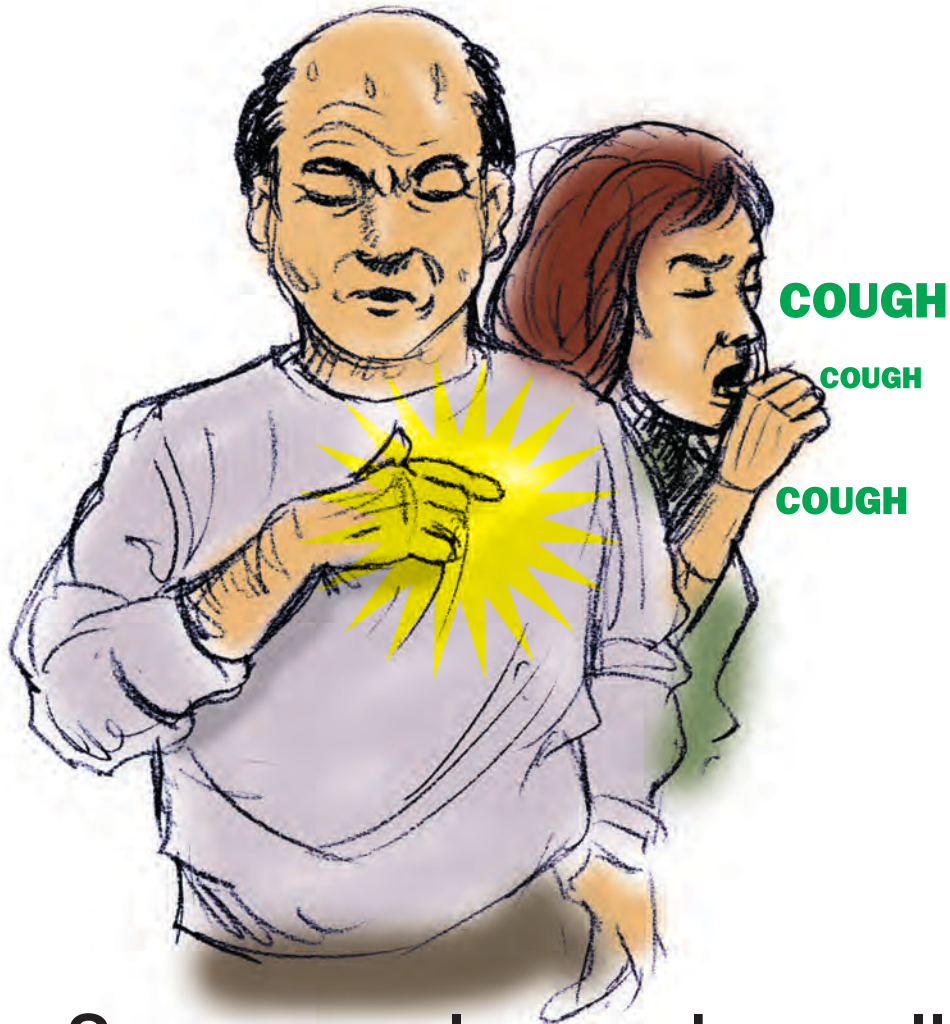
How did I get TB disease?



C.3

- **TB germs are spread through the air from one person to another when a person who is sick with TB disease coughs, laughs, sings or sneezes.**
- If you breathe air that has TB germs, you may get TB infection.
- Without the right treatment, TB infection can turn into TB disease.

What are some **signs or symptoms** of TB disease?



- A bad cough that lasts three weeks or longer.
- Chest pain.
- Coughing up blood or phlegm.
- Fever or chills.
- Weight loss or having no appetite.
- Weakness or tiredness.
- Sweating at night or during sleep.

Some people may have all or only a few of these symptoms.



What are some signs or symptoms of TB disease?

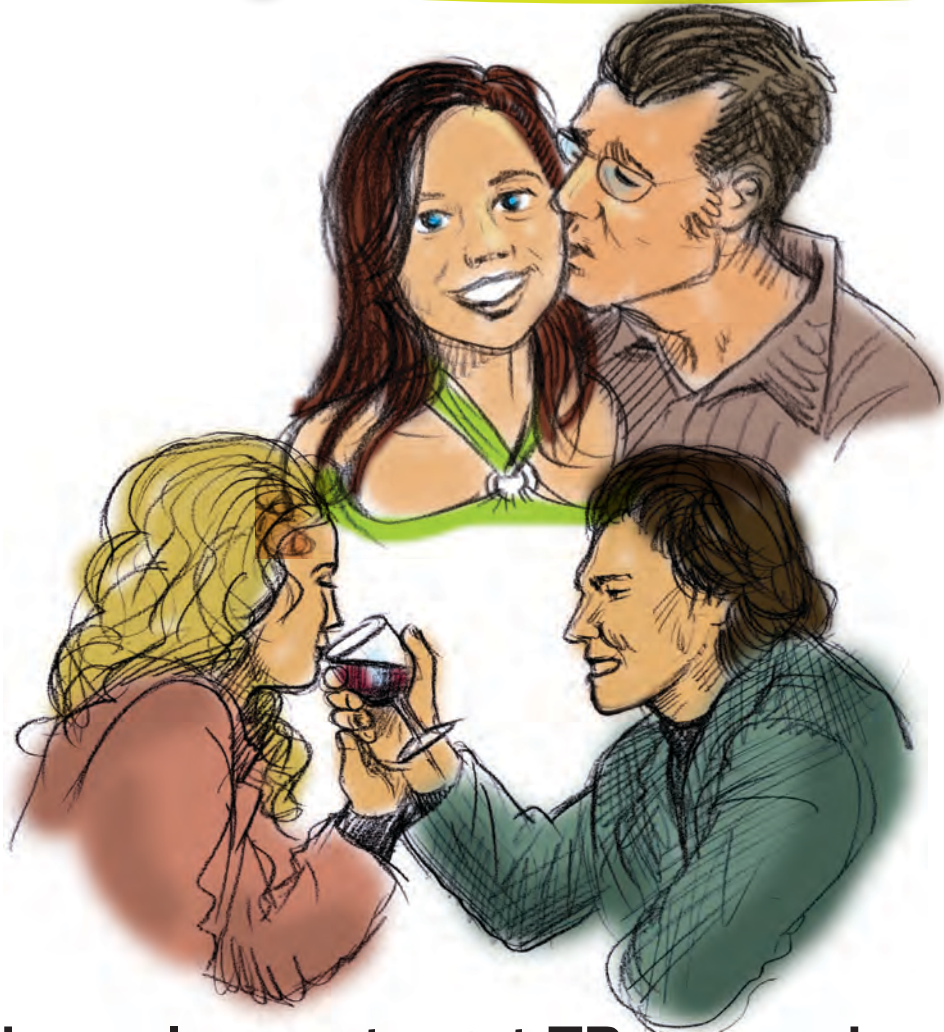
Some of the signs or symptoms of TB are:

- A bad cough that lasts three weeks or longer.
- Pain in the chest.
- Coughing up blood or phlegm from deep inside the lungs.
- Fever or chills.
- Losing weight without trying or having no appetite.
- Weakness or feeling very tired.
- Sweating so much at night or when you are sleeping that your pajamas or sheets are soaked.

Some people may have all of these symptoms, while others may have very few.

C.4

You CANNOT **pass TB germs to others by:**



- Sharing food.
- Sharing dishes or eating utensils.
- Sharing clothing.
- Smoking or sharing cigarettes with others.
- Saliva shared from kissing.
- Toilet seats.
- Toothbrushes.

The only way to get TB germs in your body is by breathing them in.



C.5

You CANNOT pass TB germs to others by:

- Sharing food.
- Sharing dishes or eating utensils.
- Sharing clothing.
- Smoking or sharing cigarettes with others.
- Saliva shared from kissing.
- Toilet seats.
- Toothbrushes.

You don't need to keep separate dishes or clothing for TB patients.

The **only way** to get TB germs in your body is by breathing them in.

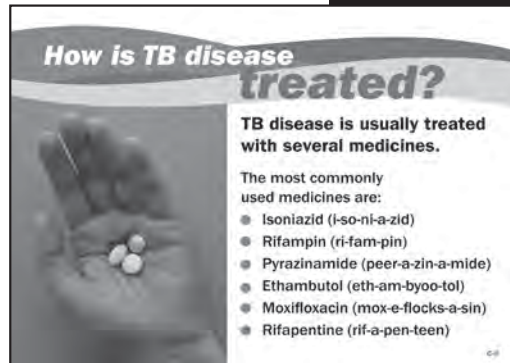
How is TB disease *treated?*

TB disease is usually treated with several medicines.

The most commonly used medicines are:

- Isoniazid (i-so-ni-a-zid).
- Rifampin (ri-fam-pin).
- Pyrazinamide (peer-a-zin-a-mide).
- Ethambutol (eth-am-byoo-tol).
- Moxifloxacin (mocks-e-flocks-a-sin).
- Rifapentine (rif-a-pen-teen).





How is TB disease treated?

The TB germs are very strong, so a combination of several medicines is needed to kill all the germs.

C.6

The most commonly used medicines are:

- Isoniazid (i-so-ni-a-zid).
- Rifampin (ri-fam-pin).
- Pyrazinamide (peer-a-zin-a-mide).
- Ethambutol (eth-am-byoo-tol).
- Moxifloxacin (mox-e-flocks-a-sin).
- Rifapentine (Rif-a-pen-teen).

People with TB disease can have millions of TB germs in their body.

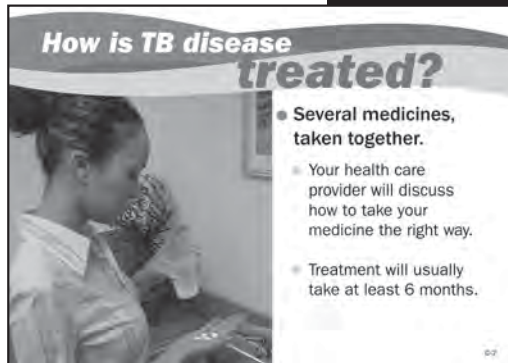
These germs cannot be killed with just one medicine.

How is TB disease *treated?*



- Several medicines, taken together.
- Your health care provider will discuss how to take your medicine the right way.
- Treatment will usually take at least 6 months.

How is TB disease treated?



C.7

Note to health care professional:

Use this opportunity to provide the patient with any specific instructions for taking TB medicines.

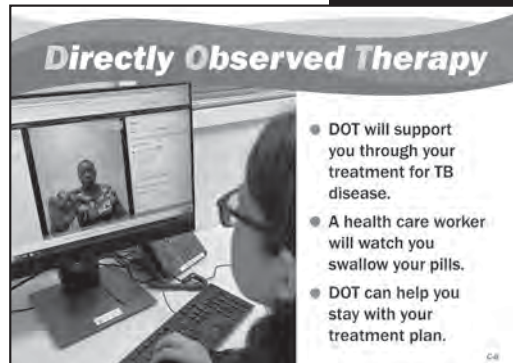
- **You will start by taking several medicines together.**
- It is important to take the medicines exactly as discussed with your health care provider. This is the only way to kill TB germs so you can feel better.
- You will need to stay on TB medicines for **at least 4 to 6 months**, depending on how you are doing.
- Treatment for TB disease is based on the number of doses of medicine, so your health care provider will count all the doses you take.

Directly Observed Therapy



- DOT will support you through your treatment for TB disease.
- A health care worker will watch you swallow your pills.
- DOT can help you stay with your treatment plan.

Directly Observed Therapy



C.8

Note to health care professional:

Please discuss how the patient will receive their medications.

- **D**irectly **O**bserved **T**herapy, **DOT** for short, is a way to help you complete your treatment.
- A health care worker will meet with you every day or several times a week to watch you swallow your medicine and make sure you don't miss a dose.
- The health care worker can be a great support to you as you complete treatment.
- DOT can be provided in-person or by video, using a computer, laptop, mobile phone, or other device.



Do the medicines have any side effects?

- Like all medicines, TB medicines can have side effects.
- Rifampin and rifapentine can turn some body fluids a reddish-orange color.



C.9

Do the medicines have any side effects?

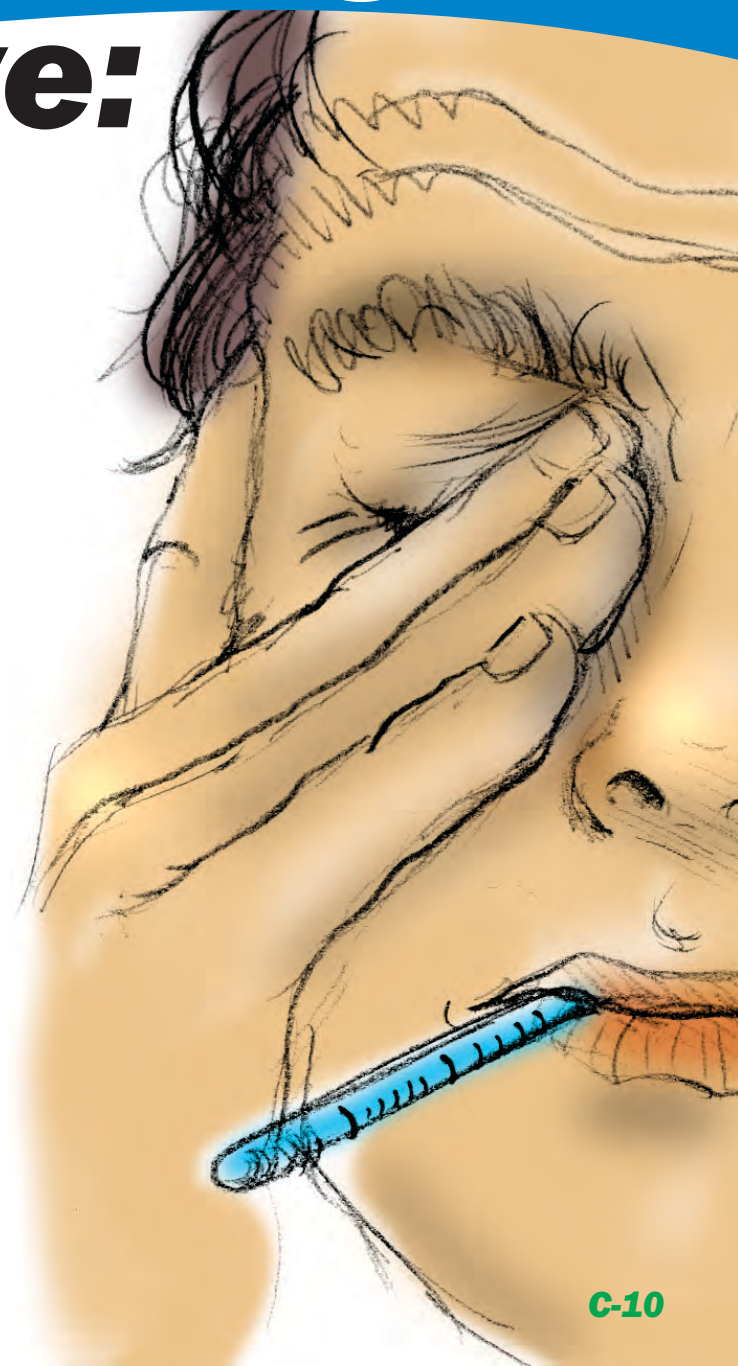
- Like all medicines, the medicines used to cure TB disease can have side effects, but most people can take TB medicines without any problems.
- **For women:** Hormonal birth control methods, like some pills, injections, or other methods may not work as well when you take them with TB medicines.
- A common, harmless, side effect of rifampin and rifapentine is that it can turn your urine, tears, and saliva a reddish-orange color.
- While this does not cause any discomfort, it may take some getting used to.

Tell us right away if you have:

- Stomach pain or cramps.
- Less appetite or no appetite for food.
- Nausea or vomiting.
- Aches or tingling in your fingers or toes.
- A fever or chills.
- Aching joints.
- Severe tiredness or weakness.
- Dizziness or lightheadedness.
- Itching.
- Changes in your eyesight, such as blurred vision.
- Changes in your hearing, such as ringing in your ears.
- Easy bleeding when cut, nosebleeds, or bleeding from gums.

Or if you notice:

- Your skin or eyes are yellow.
- A rash on your body.
- Dark urine.
- Light colored stools.





C.10

Note to health care professional:

Use this opportunity to individualize patient counseling based on specific medical conditions and risk factors including the use of alcohol or other hepatotoxic medications (e.g., acetaminophen), while emphasizing that most people can take TB medicine with no problems.

Tell your health care provider right away if you have:

These are the possible side effects that can occur while taking medicines for TB disease. Do not drink alcohol during treatment. Alcohol can increase the likelihood of side effects and hurt your liver.

Most people take their TB medicines with no problems. If you have any of the following symptoms while taking TB medicine, please tell us (**indicate a specific person and/or phone number**).

- Stomach pain or cramps particularly in the right quadrant of your stomach.
- Less appetite or no appetite for food.
- Nausea or vomiting.
- Aches or tingling in your fingers or toes.
- A fever or chills.
- Aching joints.
- Severe tiredness or weakness.
- Dizziness or lightheadedness.
- Itching.
- Changes in your eyesight, such as blurred vision.
- Changes in your hearing, such as ringing in your ears.
- Easy bleeding when cut, nosebleeds, or bleeding from gums.

Or if you notice:

- Your skin or eyes are yellow.
- A rash on your body.
- Dark urine.
- Light colored stools or any other new or unusual symptom since starting your TB medicine.

Take your pills

the right way



If you don't take your pills the right way:

- The medicine may lose its power to cure your TB.
- You may stay sick for a longer time.
- You may have to take more medicines that have more side effects.
- You can pass TB germs on to others.



Take your pills the right way

C.11

- If you don't take the pills the right way, the TB germs can become resistant to the medicine.
- This means the medicine will have no effect on the TB germs. If this happens:
 - You may stay sick for a longer time.
 - You may have to take more medicines that have more side effects.
 - Unfortunately, even the new medicines may not cure your TB, and this means you can pass TB germs on to others.

What if I miss a dose of my TB medicine?



- If you are not on DOT and miss one dose ONE time, take the next dose as scheduled.
- If you miss your pills more than one time, call us BEFORE you take the next dose.
- Talk to us about finding a plan that works for you.



C.12

What if I miss a dose of my TB medicine?

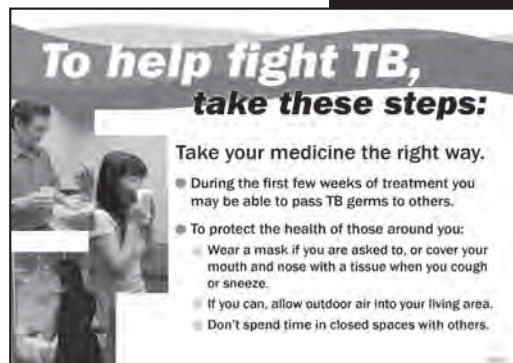
- If you are not on DOT, and miss one dose or forget to take your pills ONE time, don't worry, just take the next dose as scheduled.
- If you forget your medicine more than one time, call us (***indicate a specific person and/or phone number***) BEFORE you take the next dose. We will tell you what to do next.
- If you have trouble remembering your medicine, talk to us (***indicate a specific person and/or phone number***). We will work with you to find a plan that works.

To help fight TB, take these steps:



Take your medicine the right way.

- During the first few weeks of treatment you may be able to pass TB germs to others.
- To protect the health of those around you:
 - Wear a mask if you are asked to, or cover your mouth and nose with a tissue when you cough or sneeze.
 - If you can, allow outdoor air into your living area.
 - Don't spend time in closed spaces with others.



C.13

To help fight TB disease, take these steps:

- Take your medicine the right way, as we have discussed. It is very important to take the medicine the right way; otherwise it may be very difficult or not possible to cure your TB.
- At the start of your treatment, you may still be able to pass TB germs to others. For this reason, you may need to wear a special mask for the first weeks of treatment. This will help prevent TB germs from getting into the air and help protect the health of those around you. If you are not wearing a mask, cover your mouth and nose with a tissue when you cough or sneeze.
- Allow as much outdoor air into your living area as possible. This will keep the air moving and make it harder for the TB germs in the air to stay alive.
- Don't spend time in closed spaces with others until your health care provider says you can no longer pass TB germs to others. Again, this is usually after you have been taking TB medicine for a few weeks.
- The health care workers around you (like me) may also wear a special mask to protect themselves.

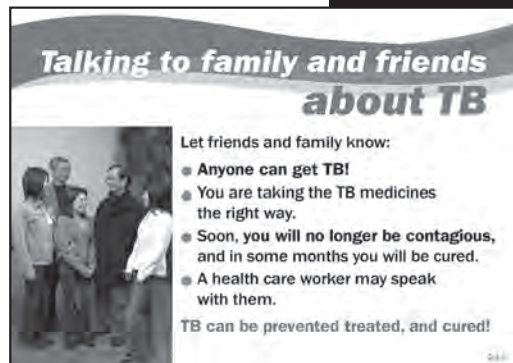
Talking to family and friends about TB



Let friends and family know:

- **Anyone can get TB!**
- **You are taking the TB medicines the right way.**
- **Soon, you will no longer be contagious, and in some months you will be cured.**
- **A health care worker may speak with them.**

TB can be prevented, treated, and cured!



Talking to family and friends about TB

C.14

Talking about TB with friends and family is not always easy. You may want to share the information you have learned about TB with them. Let them know:

- Anyone can get TB!
- You are taking the TB medicines the right way. This is important because it ensures that soon you will no longer be contagious (able to pass TB germs to others) and in some months your TB will be cured.
- You may also want to let them know that a health care worker may speak with them about their chances of getting TB. They may need to have a TB test and x-ray. This process of talking to friends, family, and others you spend time with is called a contact investigation.
- Also be sure to tell them that TB can be prevented, treated, and cured!

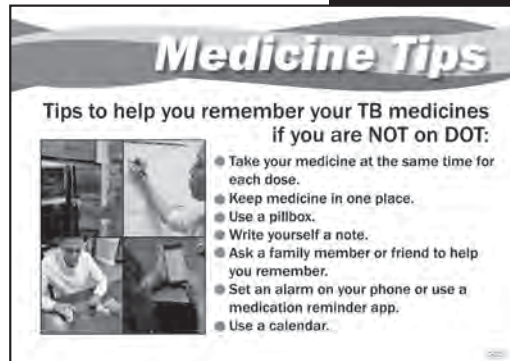
Medicine Tips

Tips to help you remember your TB medicines if you are NOT on DOT:



- Take your medicine at the same time for each dose.
- Keep medicine in one place.
- Use a pillbox.
- Write yourself a note.
- Ask a family member or friend to help you remember.
- Set an alarm on your phone or use a medication reminder app.
- Use a calendar.

Medicine tips



C.15

Note to health care professional:

Discuss the importance of keeping TB medication away from children, particularly when using a pillbox.

NOTE: Skip this panel if your patient is or will be on DOT.

Taking medicine every day can be a challenge.

Remind yourself that you are staying on the medicine to kill all the TB germs. Remember to always take your full dose of medicine **even if you are feeling good.**

Try some of these tips to help you remember to take your medicine:

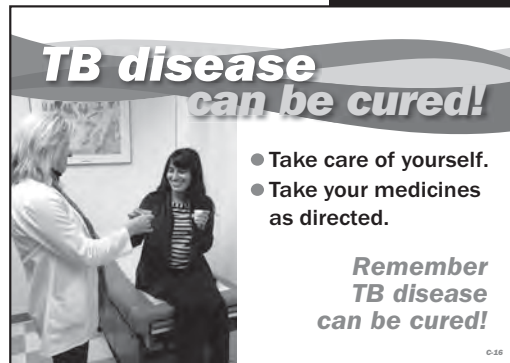
- Take your medicine at the same time for each dose.
- Keep your medicine in one place where you can't miss it.
- Use a pillbox. Put a weeks worth of pills in the box.
- Write yourself a note and put it someplace you see often. your medicine.
- Ask a family member or friend to help you remember.
- Set an alarm on your phone or use a medication reminder app.
- Use a calendar to mark off the days you have taken your medicine.

TB disease **can be cured!**



- Take care of yourself.
- Take your medicines as directed.

***Remember
TB disease
can be cured!***



TB disease can be cured!

Having TB disease can be hard, and you may feel very sick or worried.

C.16

- This is normal, but it is important to remember that **TB disease can be cured!**
- You will start to feel better as you continue to take your medicine.
- It is important to rest and take care of yourself **AND** to take your medicines as directed.
- Your health care providers (and the health department) are here to help you through your treatment, so you get the best care possible and are cured!



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