

Tuberculosis (TB)

What is it?

- TB is short for tuberculosis (Mycobacterium tuberculosis).
- It is a germ (bacteria) that is found all over the world.
- TB can cause very serious disease if not treated.
- It usually affects the lungs but sometimes affects other parts of the body.
- Common symptoms of TB include:
 - chest pain
 - weight loss without trying
 - chills and fever
 - bad cough that last more than 3 weeks
 - coughing up blood
 - feeling weak and very tired
 - no appetite
 - sweating at night or when you sleep
- Although anyone can get TB it is easier for babies, young children and the elderly to develop TB disease because their body defences are not as strong.

How is it spread?

- When someone with TB is sick and they cough and sneeze, the germ (bacteria) is released into the air and you may breathe it into your lungs.

Is there treatment for it?

- Treatment will be decided by your doctor, it is important that you take all your medicine until completed.
- Treatment can last from 4 to 12 months.

What can be done to prevent the spread of it?

- Recognizing and treating TB as soon as possible.
- If you have been told that you have TB, make sure to take all of your medicine as directed.
- If you have TB and are in the hospital:
 - You will be placed in “Airborne Precautions” (isolation) which means that you need to stay in your room with the door closed.
- If you have TB and are at home:
 - Public Health will be checking in with you.
 - You may need to wear a mask when leaving your home.
 - Do not spend time in closed spaces with others until your doctor says you cannot pass TB to others.
 - If you are not wearing a mask, cover your mouth and nose with a tissue when you cough and sneeze and wash your hands
- Always remember to tell your doctor, nurses, dentist, paramedics or other care providers that you may have TB.

For more information visit:

World Health Organization

<http://www.who.int/mediacentre/factsheets/fs104/en/>

Public Health Agency of Canada

<https://www.canada.ca/en/public-health/services/diseases/tuberculosis.html>

Adherence to Infection Prevention and Control measures by staff and visitors is required to prevent the spread of infection.

**Stop the spread of germs and infection.
Clean your hands.**



This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.