

TB: What You Should Know

**Satellite Conference and Live Webcast
Wednesday, April 28, 2010
2:00 – 4:00 p.m. Central Time**

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

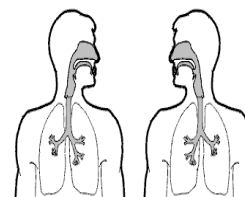
**Tammy Langlois, BSN, RN
Assistant Director of Clinical Services
TB Nurse Consultant
Bureau of Communicable Disease
Division of Tuberculosis Control
Alabama Department of Public Health**

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)?

- Usually affects the LUNGS
- Spread in the AIR
- Can be cured with MEDICINE

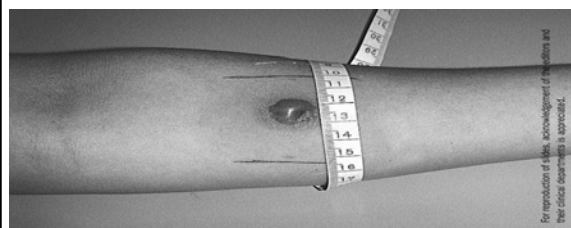


Testing Tools: TB Skin Tests

- TB Skin Tests can tell us if someone has ever breathed TB germs into their lungs



Testing Tools: TB Skin Tests



TB Chest X-ray

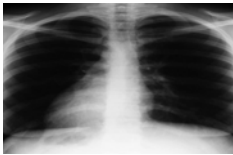
- **GOT**
 - A positive skin test (TB infection) from breathing in germ
- **GET**
 - Chest x-ray and make sure you do not have TB disease

Two Types of TB

- **Latent TB Infection**
- **TB Disease**

Latent TB Infection

- A person with Latent TB infection
 - Has a **POSITIVE** 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

- TB Disease
 - Positive TB skin test
 - Abnormal chest x-ray
 - Has symptoms
 - May transmit to other
 - May be treated and cured

How is TB Spread?

- TB germs can be spread when a person with TB disease...
 - Coughs
 - Sneezes
 - Shouts
 - Sings
- ...sending TB germs into the air for someone to inhale

Sneezing and Coughing



Sneezing and Coughing

- 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

- Spoons and forks
- Drinking glasses
- Bathrooms

TB Germs are NOT Spread by Handling

- Bedding
- Rubbish
- Clothes or towels
- Food

TB Prevention Protection

- Tips for you and your family




TB

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

Fresh Air

- Keep windows open
- Air
 - Ventilate and circulate
- TB cannot spread outside or in fresh air
- Ultraviolet light kills TB germs

Cover the Cough



Cover the Cough



Cover the Cough

- TB patient wears a paper mask



Health Care Workers Use the N-95 Mask

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

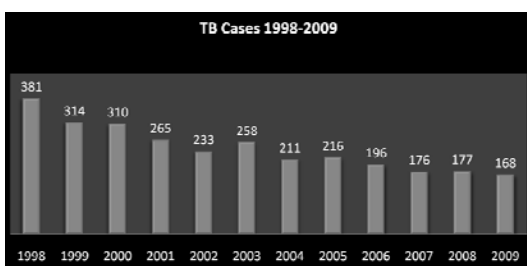
Health Care Workers Use the N-95 Mask



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?