

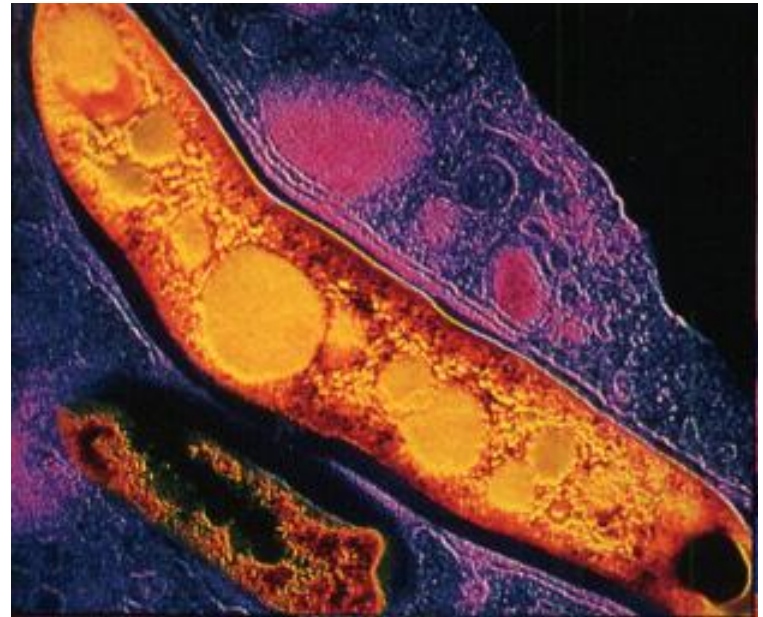
TUBERCULOSIS



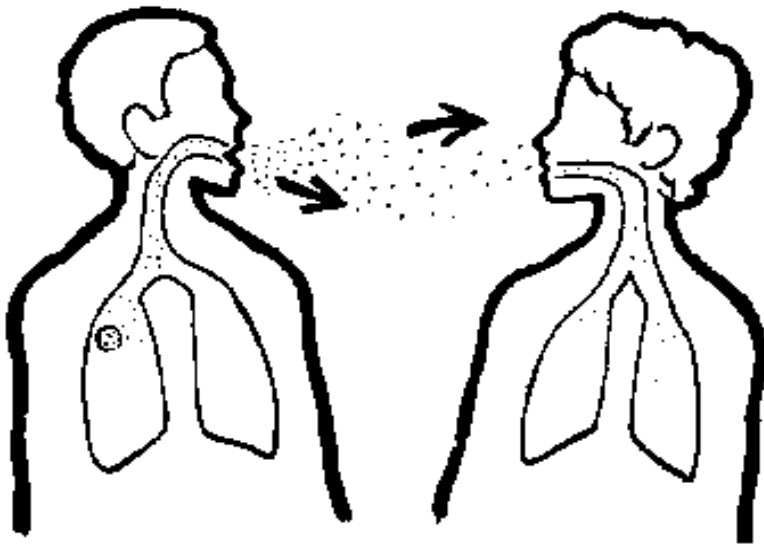
What is Tuberculosis?

Tuberculosis (TB) is
an infectious disease
caused by the
bacterium:

*“Mycobacterium
tuberculosis”*



How is it spread?



- TB is usually spread by droplets in the air from an infected person (by a cough or sneeze) and breathed in by another person.
- TB infects the upper lungs

Who is at risk for TB?

People who are at the highest risk of infection:

- People in close contact (family, roommates, friends, co-workers) of a person with infectious TB
- People with weak immune systems (HIV, organ transplant patients, etc.)
- Health care workers
- Foreign born persons from areas where TB is common -Africa, Eastern Mediterranean, Central and South America, and Asia

The Screening Process

(if you choose to be tested and treated)

- ◆ No appointment is needed for skin test.
Go directly to “**immunizations**” office at CHS
- ◆ You can receive a skin test (on the arm) and will return to Campus Health to have it examined within 48 - 72 hours
- ◆ Skin tests cannot be done on Thursdays
- ◆ If the skin test is positive, you will be required to have a Chest X-ray done at Campus Health

Skin test for TB



Figure 2. Correct measure of reaction to the tuberculin skin test.

- ◆ A tiny needle is used to inject purified protein under the skin
- ◆ “Reaction” is measured 2-3 days later by swelling, not by color
- ◆ Swelling eventually will go away
- ◆ Is safe during pregnancy
- ◆ Is not harmful or infectious
- ◆ Once a person tests “positive” they will always remain positive

What is “latent” TB infection?

- TB germs can live in your body without making you sick. This is called “latent” (or sleeping) TB infection
- **People with latent TB have a positive (swollen) TB skin test, and a normal chest x-ray**
- People with latent TB do not feel sick and cannot spread the disease. The bacteria is in the body but is controlled by the immune system
- If the germs “wake up” or multiply, you can get sick with “active” TB disease
- Treatment medication (pills) will be prescribed to prevent the latent TB from turning into **active TB**
- Without treatment, there is a 10% lifetime risk of latent TB infection progressing to active TB disease

What is Active TB Disease?

- **People with a positive skin test and abnormal chest x-ray have “active” TB Disease. They may also have:**
 - A long lasting cough (greater than 3 weeks)
 - Chest pain and coughing up blood
 - General symptoms such as fever, chills, night sweats, getting tired easily, loss of appetite, unexpected weight loss
 - In people with Active TB disease, the infection multiplies, and overwhelms the immune system. This can occur slowly or quickly. Without treatment, symptoms will get worse

How to get Screened:

- ◆ 1. At Pima County Health Department (~ \$75 total):
 - TB Control Office located off-campus in Tucson at 2980 E. Ajo Way (the Herbert K. Abrams Building) -or-
- ◆ 2. At UA Campus Health Service (~\$30 total), includes:
 - TB skin testing
 - Chest X-ray, paid by insurance if for diagnosis
 - Clinician visits
 - Laboratory tests covered by insurance
 - If your skin test is positive, the medication to treat TB is free. The drug name is Isoniazid (INH)

What about family members?

- *Any family members/close contacts suspected to have TB symptoms should be seen at the Pima County Health Department (PCHD), TB Control (520) 740-8406

Questions?



If you have further questions or would like to consider testing and/or treatment, please call the Campus Health Service to make an appointment

(520) 621-9202

www.health.arizona.edu



Resources

Pima County Health Department

2980 E. Ajo Way (H.K. Abrams building)
(520) 243-8450

<http://www.pimahealth.org/disease/>

www.cdc.gov/tb

World Health Organization:

<http://www.who.int/tb/en/>