

Take these simple steps to protect our families and community from TB, and other air-borne transmittable illnesses:

- 1. Wash your hands often with soap and warm water.*
- 2. Use tissue when you cough, sneeze or spit. Dispose of used tissues into a covered trash bin to prevent the spread of respiratory illnesses.*
- 3. Keep hands away from your face. Try not to touch your face before washing your hands properly.*



Contact us for more information:

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(415) 364-7647 (Main line)
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Or visit us at:
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What You Should Know About Tuberculosis (TB)



Together we can control TB

Tuberculosis (TB) is a contagious disease caused by bacteria and can spread to others. It can be prevented.

Latent TB infection (LTBI) is an inactive form of TB that can develop into active TB if you don't take medicine as a preventive treatment.

BCG does not prevent TB infection.

The only way to know if you have TB infection is to get a test.

If the test is positive it means that the person has been infected with the TB bacteria it does not necessarily mean that the person has TB disease. Other tests, such as an x-ray or sputum sample are needed to see if the person has TB disease.

If you have TB disease or LTBI - get required follow up tests. Follow your doctor's advice and take the medicine as prescribed.

American doctors have been treating persons of all ethnic backgrounds from all over the world for many years. The success rate has been very high with very few complications.

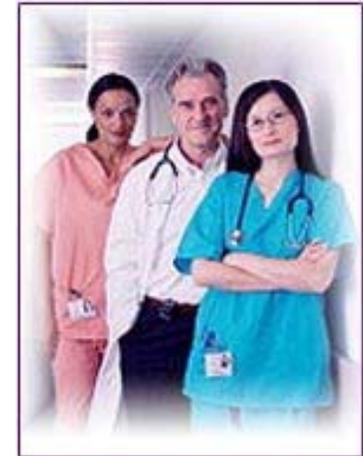


If medicine is prescribed for you:

- *Take it at the same time every day.*
- *You will probably need to take your medicine for at least 6 months.*
- *Return to the doctor or nurse every month for a refill.*
- *Tell the doctor or nurse if you do not feel well or have any health problems.*
- *Never give your medicine to anyone else.*

Why taking medicine is so important?

*Inactive TB bacteria if **not** treated can develop into active TB disease even though LTBI patients usually **do not** have any symptoms, they **do not** feel sick and they will **not** spread the inactive bacteria to others.*



Medical information is confidential and will not be released to employers or government agencies without your written consent.

For many generations of health!