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:

Newcomers Health Program
San Francisco Department of Public Health
1490 Mason Street, Room 107
San Francisco CA 94133

Email: newcomershealth@yahoo.com

Website: http://www.dph.sf.ca.us/CHPP/newcomers/newcmrs.htm

(415) 364-7647 (Main line)
(415) 364-7649 (Chinese)
(415) 206-8607 (Russian)

Or visit us at:
Refugee Medical Clinic
995 Potrero Ave @ 21st Street
Building 80, 5th floor, ward 85
San Francisco, CA 94110

What You Should Know About Tuberculosis (TB)

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Together we can control 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.

_For many generations of health!_

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**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.

**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.

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