

Should Take Isoniazid

Some people have a higher chance of getting TB disease. Isoniazid is usually recommended for people with a positive TB skin test who:

- have HIV infection
- have poor nutrition
- became infected with TB bacteria in the last 2 years
- were close to a person with TB disease
- have diseases or take medication which weakens the immune system

The chances of getting TB disease are higher for First Nations people than other Canadians.

Tell your Doctor or Nurse about any health conditions or medication you are taking.

Delay taking Isoniazid if you are pregnant.

Services Provided by TBSAC

- Management of TB Cases
- Consultative Services to Community Health Nurses
- Public Education Sessions
- Inservice Education to Community Health Nurses
- Community Skin Testing Surveys

For Further Information About Tuberculosis Please Contact Your Community Health Centre

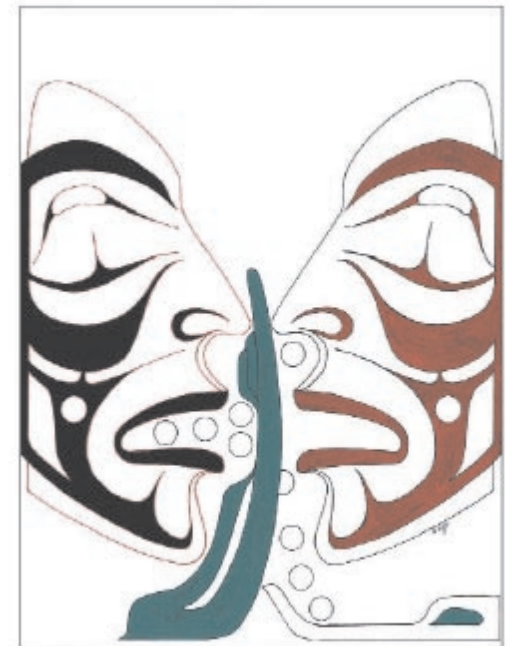
or
TB Services for Aboriginal Communities
BC Centre for Disease Control
655 W 12th Ave
Vancouver BC V5Z 4R4

Telephone: (604) 707-2696
Fax: (604) 707-2690
www.bccdc.ca



BC Centre for Disease Control
AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY

PREVENTION OF TUBERCULOSIS IN FIRST NATIONS COMMUNITIES



**TUBERCULOSIS
DISEASE**

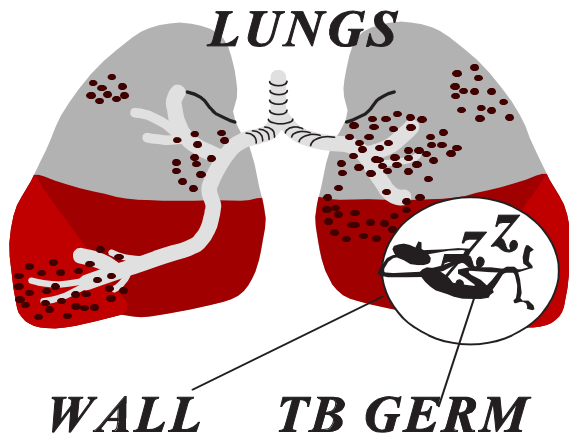
**TUBERCULOSIS
INFECTION**

They look the same but only Tuberculosis Disease causes illness and can be contagious.

TB Services for Aboriginal Communities
Division of TB Control

What is Tuberculosis (TB)

TB is a tiny germ which you breathe into your lungs. The body fights back by building a wall around the TB germs. Most people do not get sick at this time. The germs “go to sleep”. ***This is TB infection.*** You will have a ***positive*** skin test **but do not feel sick and cannot make anyone sick.** You have a 10% chance of getting TB disease now.



If you have a positive TB skin test you will be sent for a chest x-ray. The x-ray report may recommend that you take pills for 9 months to *prevent* TB disease. This decreases your chances of getting TB disease by 70%.



Isoniazid Prophylaxis

Isoniazid tablets or syrup can be taken for 9 months to kill the “sleeping” TB bacteria. This stops the bacteria from “waking up” and turning into disease.

The pills can be taken once a day at home, or twice a week at the Health Centre. It is important that you take all the pills as directed.

Side Effects

Most people who take TB pills have no problems. A few people will develop side effects which should be reported to the Nurse or Doctor immediately. These include:

- Nausea or Vomiting
- Yellow Eyes
- Dark urine (looks like tea)
- Numbness or tingling in your hands or feet
- Rash or itch

These side effects are rare. It is very important to go for blood tests when you are sent.

Avoid drinking alcohol while taking TB pills

