

What happens after you finish treatment?

If you take all of your medicine, it is not likely that you will get sick with TB again.

You may be asked to come back to the clinic after you finish your treatment to monitor your health.

If you feel sick again and have symptoms of TB, call your family doctor or the clinic for an appointment.

Where can you call if you have questions?

Your health care provider:
Tel: _____

BC Centre for Disease Control TB Clinics:

Vancouver TB Services Clinic:
655 West 12th Avenue
604-707-2692

New Westminster:
100-237 Columbia Street East
604-707-2698

www.bccdc.ca



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

Pulmonary Tuberculosis

What is pulmonary tuberculosis (TB)?

Tuberculosis (TB) is caused by a bacteria.

TB can affect any part of the body, but is most common in the **lungs**. This is called pulmonary TB disease.

It is **spread through the air** when someone who has contagious TB disease in the lungs coughs, talks, sings or sneezes the bacteria into the air.

If you have TB in your lungs, you can spread TB to other people.

The good news is: **TB can be cured!** In British Columbia, TB medicine is free.

What are the symptoms of pulmonary TB disease?

You may have some or all of these:

- **Cough**, new or worse, longer than 3 weeks
- **Sputum or mucous**, sometimes with blood
- Fever
- Night Sweats
- Loss of appetite
- Weight loss
- Weakness or feeling very tired

If TB is caught early enough, you may feel fine.

How do you know you have Pulmonary TB?

Usually, TB bacteria grow from a **sputum** test and there may be changes on your **chest x-ray**. It takes time for tests to show all the information.

How can you keep friends, family and others safe when you are contagious?

- Stay at **home** when contagious. Wear a **mask** when around other people
- Do not take public transit
- **Do not fly or leave the country** when you are contagious – tell your health care provider if you have a trip booked already
- Start treatment right away and take it regularly
- Complete tests to make sure treatment is working
- Public health will help arrange TB tests for your family and friends.

For more information on home isolation, visit HealthLink BC:

<http://www.healthlinkbc.ca/healthfiles/hfile51c.stm>

When can you return to work, school and/or socializing?

Your health care provider will let you know when you are no longer contagious. Most people are on isolation for at least two weeks, but maybe longer. It depends **when your sputum are clear of TB bacteria**.

TB heals very slowly so you will still need to continue to take TB treatment even when you are no longer contagious.

How is Pulmonary TB treated?

TB can be cured with **TB medicines**. Most people are treated **for 6 to 9 months**. **Sometimes** people have to take medicines for **longer**. It is important to take your medicine as directed even if you feel better.

Your health care provider will let you know how long you will take TB medicine. This depends on what medicine you are given, how well your body copes with the medicine, and how long your body takes to heal.

You will be asked to come to the **clinic regularly** to see your health care provider and get more medicine.

Chest x-rays and sputum samples are done to make sure that the medicines are working.

Blood tests are done to make sure your body is okay with the treatment.