



**HAND HYGIENE
THE BEST
WAY TO PREVENT
INFECTION**

**IT'S OK TO ASK NURSES,
DOCTORS AND OTHER HEALTH
CARE PROVIDERS IF THEY HAVE
CLEANED THEIR HANDS**

**REMIND VISITORS TO CLEAN
THEIR HANDS**

HAND HYGIENE

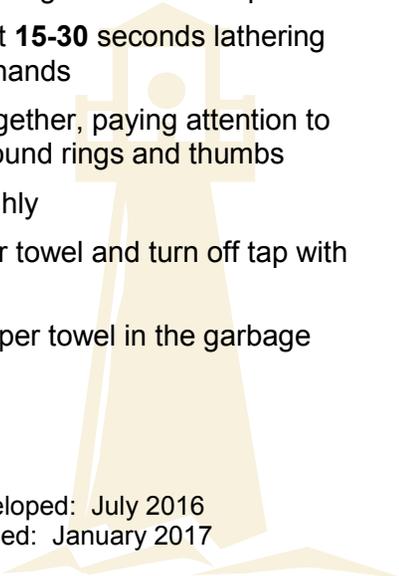
Special care must be paid to hand hygiene as it is the best way to prevent the spread of germs. **Good hand hygiene includes:**

Alcohol-Based Hand Rub

- Apply to palm of one hand
- Rub hands together, covering all of hands and fingers
- Rub until hands feel dry
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub

Hand Washing

- Use warm running water and soap
- Spend at least **15-30** seconds lathering and washing hands
- Rub hands together, paying attention to finger tips, around rings and thumbs
- Rinse thoroughly
- Dry with paper towel and turn off tap with paper towel
- Dispose of paper towel in the garbage



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TUBERCULOSIS

***Information for Patients,
Residents, Families &
Visitors***



**INFECTION PREVENTION
& CONTROL PROGRAM**

WHAT IS TUBERCULOSIS?

Tuberculosis (TB) is a disease that is spread by tiny germs that float in the air when an infected person coughs or sneezes. People nearby can breathe the germs into their lungs and contract the infection. People who have latent TB infection (not TB disease) cannot spread it to others. Most people infected with the germ will not get sick; however, some people will get sick and may also develop TB disease which usually attacks the lungs and sometimes the kidneys, brain or spine. People who have TB disease need medical attention.

WHAT ARE THE SYMPTOMS OF TB DISEASE?

The symptoms of TB disease of the lungs include:

1. coughing
2. chest pain
3. weight loss
4. night sweats
5. coughing up blood.

Symptoms of TB disease in other parts of the body depend on the area affected.

HOW DO I KNOW IF I HAVE BEEN EXPOSED TO TUBERCULOSIS?

A skin test on your arm is the best way to find out if you've been exposed.

WHAT IS A SKIN TEST?

A small amount of fluid is injected under the skin of the forearm. The area is left for 48-72 hrs., then read by a health professional to determine if you have been exposed to TB.

The procedure is performed by your Community Health Nurse. Sometimes a chest x-ray is also required. If you are HIV-positive, your skin test may be negative even if the TB germ is in your body, and you may need other tests.

WHO IS MORE LIKELY TO GET TB DISEASE?

- * Individuals who have close contact with an infected person
- * those who have had a TB infection in the last two or three years
- * those who have a low immune system; and
- * children less than 5 years old are most likely to get TB disease.

TB DIAGNOSIS

Only a doctor can diagnose TB disease, and a chest x-ray will usually show if you have the disease in your lungs. A TB skin test and a test of the sputum you cough up are also important. If the TB germs are in your lungs or throat, you can spread the disease to others. You should always cover your mouth when you cough and contain your illness by staying away from people until your doctor advises the disease is no longer contagious. This is usually after two or three weeks of treatment.

WHAT SHOULD I DO IF I HAVE A TB INFECTION?

Your doctor may provide a preventative treatment with medication to keep you from getting the TB disease and becoming sick. Isoniazid (INH) is the medication prescribed most often. Some people may not receive this medication because of the side effects. Your doctor will follow you to assess your risk of getting the disease. It can take 6 to 12 months to kill the TB germs and you must take the proper medicine, or the germs will stay in your body and possibly cause TB disease.

CAN TB DISEASE BE CURED?

Yes, but TB germs are difficult to kill. It is important to continue taking your medication until your doctor stops the treatment, usually about six to nine months. Otherwise, you may get sicker as the TB germs become stronger and you will then need a different medication for a longer period of time.

ARE THERE SIDE EFFECTS OF THE MEDICATIONS?

Only a few people experience side effects from the TB medication. Your doctor and Community Health Nurse will advise you about any health-related problems you should report and your blood will be tested to check the side effects. Tell your doctor if you don't feel well when you are taking this medication.

DO I HAVE TO PAY FOR THE TB MEDICATION?

No, the medication will be provided directly to you by your nurse or doctor.