

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

**REMINDE VISITORS TO CLEAN
THEIR HANDS.**

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

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

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

Hand Washing

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.

TUBERCULOSIS

**Information for Clients,
Residents, Families , and
Visitors**

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. Individuals nearby can breathe the germs into their lungs and contract the infection.
- Individuals who have latent TB infection (not TB disease) cannot spread it to others.
- Most individuals 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. Individuals with TB disease need medical attention.

WHAT ARE THE SYMPTOMS OF TB DISEASE?

The symptoms of TB disease of the lungs include, but are not limited to:

- Coughing
- Chest pain
- Weight loss
- Night sweats
- Coughing up blood
- TB can occur in other parts of the body. Symptoms would 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 have 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., the area is observed by a health care 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.
- Individuals who have had a TB infection in the last two or three years.
- Individuals who are immune compromised.
- Children less than 5 years old.

TB DIAGNOSIS

Only a physician can diagnose TB disease. TB is diagnosed with the following:

- A chest x-ray
- A TB skin test
- A sputum test

WHAT SHOULD I DO IF I HAVE A TB INFECTION?

- Your physician 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 physician 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, TB is curable, but treatment will last for at least 6 months. It is extremely important that you finish the medication as prescribed to you by your health care professional.

ARE THERE SIDE EFFECTS OF THE MEDICATIONS?

Not everyone will experience side effects from the TB medication. Your physician and Community Health Nurse will advise you about any health-related problems you should report and a blood test will check the side effects. Tell your physician 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 physician.