

Tuberculosis (TB)

What you need to know



For more information, call the Health Education Information Line at **1-800-804-6074** (TTY/TDD **1-800-431-0964**) or visit www.CalVivaHealth.org.

What is Tuberculosis?

Tuberculosis (TB) is a lung disease caused by bacteria. The bacteria can harm the lungs, and may damage other parts of the body. TB spreads through the air when a person with TB coughs, sneezes or talks. If you have been around someone who has TB, you need to go to your doctor to be tested.

Who is at risk for TB?

Anyone who has ever had close contact with a person who has TB can get the disease. Babies, young children, the elderly, and those with weak immune systems are more likely to get TB.

What are the signs and symptoms of TB?

Symptoms of TB in the lungs may include:

- A bad cough that lasts 3 weeks or longer
- Weight loss
- Coughing up blood or mucus
- Chest pain
- Weakness or feeling very tired
- Fever and chills
- Night sweats

What do I do if I am at risk for TB?

If you think you are at risk for TB or have been around someone with TB, go to your doctor and get tested right away.

Can TB be treated?

You can usually be cured if you follow your doctor's treatment plan. TB is a very serious illness so it needs to be treated right away. It is important to take all your medicines as prescribed by your doctor.



Tus Kab Mob Ntsws (Tuberculosis; TB)



Kom tau lus qhia
ntxiv, hu rau
Health Education
Information
Line ntawm
1-800-804-6074
(TTY/TDD
1-800-431-0964)
lossis mus xyuas

www.
CalVivaHealth.org.

Tus Kab Mob Ntsws Yog Dabtsi?

Tus Kab Mob Ntsws (Tuberculosis; TB) yog ib tug kab mob hauv lub ntsws uas tsim los ntawm cov kab mob me me (bacteria). Cov kab mob me me yuav ua raug lub ntsws, thiab tej zaum nws yuav ua tau tej yam ntawm koj lub cev puas tsuaj. TB ya tau hauv cov cua mus kis rau lwm tus thaum tus neeg uas mob TB hnoos, txam lossis hais lus. Yog tias koj tau nyob ze ntawm ib tug neeg uas mob TB, koj yuav tsum mus ntsib koj tus kws kho mob kom nws kuaj xyuas.

Leej twg yuav muaj feem los kis tau tus kab mob TB?

Txhua tus neeg uas nyob ze ib tug neeg uas mob TB yuav kis tau tus kab mob. Cov mos liab, cov menyuam me me, cov laus, thiab cov tib neeg uas nws lub cev tsis muaj zog tiv thaiv nws ntawm cov kab mob yuav muaj feem ntau zog los kis tau tus kab mob TB.

Cov kev mob uas tshwm sim thiab cov tsos mob ntawm tus kab mob TB yog dabtsi?

Cov tsos mob uas qhia tias koj muaj tus kab mob TB hauv lub ntsws yog:

- Hnoos tau phem heev uas kav li 3 lub vasthiv lossis ntev tshaj
- Poob phaus
- Hnoos tau ntshav lossis qaub ncaug nplaum
- Mob hauv siab
- Tsis muaj zog lossis hnov zoo li nkees nkees heev
- Ua npaws thiab ib ce tshee tshee
- Tawm hws hmo ntuj

Tej yam uas koj yuav tsum paub

Kuv yuav tsum tau ua dabtsi yog tias kuv muaj feem los kis tau tus kab mob TB?

Yog koj xav tias koj muaj feem los kis tau tus kab mob TB lossis koj tau nyob ze ib tug neeg uas mob TB, mus ntsib koj tus kws kho mob thiab kuaj xyuas tamsid.

Kuv yuav kho puas tau tus kab mob TB kom nws zoo?

Feem ntau koj yuav kho tau kom koj zoo yog tias koj ua raws li koj tus kws kho mob qhov kev npaj los kho tus mob. Tus kab mob TB yog ib tug kab mob uas mob loj heev li ntawd koj yuav tau mus kho tamsid. Nws tseem ceeb kom koj noj tagnrho koj cov tshuaj uas koj tus kws kho mob tau muab rau koj.

