

Tuberculosis is preventable,
treatable and curable.

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

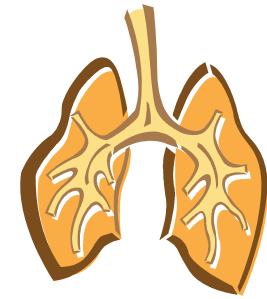
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Tuberculosis



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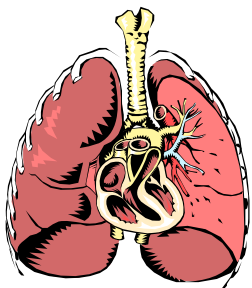
What is Tuberculosis?

Tuberculosis (TB) is an infectious disease caused by bacteria that are spread from person to person through air. It usually affects the lungs, but can also affect other parts of the body, such as the brain, kidneys or spine. **Tuberculosis is preventable, treatable and curable.**

There are 9 million new cases of TB disease in the world each year; 1,600 cases per year in Canada. There is an average of 50 new cases reported in Ottawa every year.

How is TB spread?

TB bacteria are released into the air when a person with **TB disease** of the lungs or throat coughs, sneezes, talks or sings. These bacteria can stay in the air for several hours, depending on the environment. A person who breathes in the air containing these bacteria can become infected; this is called **TB infection**.



What is TB infection?

TB infection is also known as Latent Tuberculosis Infection (LTBI). When a person has TB infection, the TB bacteria have entered the body, but are not growing and are dormant, or latent. The person is not sick and cannot spread TB to others. However, the person may develop TB disease in the future.

A tuberculin skin test is the only test for TB infection. Anyone with a positive skin test should have a chest x-ray and medical assessment to rule out TB disease. A person with TB infection can receive treatment to prevent TB Disease.

The Test

Come to HCS any weekday (except Thursday) between 8:30 a.m. and 4:00 p.m. and ask to have a TB test. An appointment is not necessary. A nurse will administer the test by injecting a very small amount of tuberculin test solution just under the surface of your arm.

You must return to HCS 48-75 hours later (between 8:30 a.m. and 4:00 p.m.). The nurse will “read” the test and tell you whether your skin reaction requires you to have a chest x-ray.

What is TB disease?

A person develops TB disease when their immune system cannot stop the TB bacteria from growing. This happens when a person is sick, stressed, not eating well or has other diseases such as cancer, diabetes or HIV/AIDS. A person can have pulmonary TB disease, which means the TB bacteria have infected the lungs, and they are able to spread the bacteria to others. They can also have TB disease in many other parts of the body such as the skin, kidneys, spine, brain or lymph nodes.

What are the symptoms of TB Disease?

A person with TB Disease may have the following symptoms:

- Cough
- Fever
- Night Sweats
- Fatigue
- Loss of appetite

How is TB Disease treated?

Treatment is taking four different antibiotics for at least six months. These drugs are free of charge.