

- Keep your medicine in a place where you cannot miss it.

Try keeping your bottle in the bathroom or in the kitchen, anywhere a glass of water is handy.



**** As with all medicine, make sure all your TB medicine is out of reach of children. ****

You can lead a normal life.

Remember, unless you have TB disease, you are not sick. You are taking medication to prevent you from getting sick. Don't be afraid to be with people. Work, exercise, and socialize like you normally do. You can't give TB to others unless you have disease.

A word to parents:

If you are the parent of a child who has TB infection (not disease), the same facts apply to your child. Let your child play with others and go to school.

Things to watch for:

Treatment for TB infection is safe for most people. But, like any medicine, INH and other medicines used to treat TB infection can sometimes have side effects. Ask your doctor what to look for. Some things to watch for include:

- Tiredness
- Nausea
- Loss of appetite
- Easy bruising or bleeding
- Flu-like symptoms
- Vomiting
- Rash
- Stomach or abdominal pain
- Joint aches
- Other problems that concern you

**** If you have side effects, STOP taking the pills and call your doctor or clinic ****

County of San Diego
 Health and Human Services Agency
 3851 Rosecrans Street, P.O. Box 85222
 San Diego, CA 92186-5222
 (619) 692-8600
www.sandiegotbcontrol.org

You may qualify for Medi-Cal benefits.
 People with TB infection or TB disease may also qualify for TB-Cal. To find out about your eligibility and to request an information packet and application, please call 1-858-514-6885.
 Collect calls are accepted.



County of San Diego

Treating TB Infection



How medicine will keep you and your family healthy.

Treating TB Infection

You need to read this pamphlet if:

- Your TB skin test was positive OR
- Someone close to you has contagious tuberculosis (TB).



What is TB?

TB is a disease caused by a germ called *Mycobacterium tuberculosis*. TB can damage your lungs. Sometimes TB can occur in other parts of the body like the brain, kidneys or bones. If left untreated, TB can cripple and possibly lead to death.

How is it spread?

TB is spread when a person with contagious TB disease coughs germs into the air. Other people can then breathe these germs into their lungs and become infected.

What does a positive TB skin test mean?

A positive TB skin test means that you have TB germs in your body. This means you either have TB infection or TB disease. You need to have a chest x-ray to find out whether or not you have the disease.

TB infection is *not* the same as TB disease.

Infection means you have the TB germs but your body is fighting them. You cannot spread the germs to other people. Like most people infected with TB, you have a normal chest x-ray. However, if you are not treated, you may develop TB disease in the future.

Disease means your body was not able to fight the TB infection and you became sick with TB.

Tuberculosis usually occurs in your lungs, but can be anywhere in the body. Only people who are sick with TB in the lungs are contagious.

Why do I need medicine?

- If your skin test was positive and your chest x-ray was normal:

You are infected with TB. You can be treated with medication that will kill the TB germs and keep you from developing the disease. The most commonly used medication is isoniazid

or INH, although other medications may be used in some cases. Treatment with INH is usually for nine months.

- If your skin test was negative:

Your doctor may feel you are still at risk, because, for example you are in close contact with someone with contagious TB. Treatment may be needed

to protect you.

Because you can feel fine, it may be hard to take your medicine



everyday. But, to get the most protection, it is important to take it regularly. There are a lot of ways to remember to take your medicine.

You will want to work out your very best system, but here are two tips:

- Take it at the same time everyday.



You can include taking your pill as part of your morning or evening routine such as after brushing your teeth in the morning or before bedtime.