

TB: What Now?

I have Tuberculosis (TB) Disease

Isolation practices



If you have TB disease in your lungs or larynx, you can spread TB bacteria to others. Talk with your health care provider about treatment options and when you can get back to your daily routine. Protect yourself and others near you:

- When you cough, sneeze, or laugh, cover your mouth with a tissue. Put the tissue in a closed bag and throw it away.
- Do not go to work or school until your health care provider says it's okay.
- Avoid close contact with anyone.
- Air out your room often so the TB germs don't stay in the room and infect someone else.

Treatment options



- There are several treatments recommended in the United States for TB disease.
- Health care providers can choose the appropriate TB treatment for you based on your situation.
- A Public Health Nurse will help you manage your TB medication.

Complete treatment as directed



It is very important that people who have TB disease finish the medicine and take the drugs exactly as prescribed.

- If you stop taking the drugs too soon, you can become sick again.
- If you do not take the drugs correctly, the germs that are still alive may become resistant to those drugs.

Directly Observed Therapy (DOT)



Sometimes it is helpful to have support in sticking to the long treatment timeline. You may get assistance through a program called Directly Observed Therapy (DOT). This means a health care worker will come to you or to administer your medication or video chat with you to help you remember to take the treatment.

Tips for taking TB medicine



If you are taking TB medicine on your own, it's important to get into a routine. Here are some ways to help you remember to take your TB medicine:

- Take your medicine at the same time every day.
- Each day when you take your medicine mark it off on a calendar.
- Get a weekly pill dispenser that has a section for each day of the week. Put your pills in it.
- Ask someone close to you to check in daily to make sure you have taken your medicine.
- Ask your health care provider what you should do if you forget to take your pills.