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## Prevention of tuberculosis pdf

Tuberculosis, also called tuberculosis, is an infection caused by bacteria. Tuberculosis usually affects the lungs. But it can also affect other parts of the body. This can include joints, bladder, spine and brain. There are two types of tuberculosis: Latent or inactive TB: Bacteria are in your system, but they do not make you sick or contagious. Your immune system protects your body from bacteria. You can't spread the disease. Active tuberculosis: Bacteria are present and cause symptoms. Your immune system couldn't fight them. You may be able to spread the disease. If it is not treated properly, tuberculosis can be fatal. Your symptoms depend on which area of the body it affects. Usually tuberculosis affects the lungs. Symptoms of active tuberculosis in the lungs include: Poor cough, which lasts 3 weeks or longer Coughing up blood or spot (mucus deep inside the lungs) Chest pain Fever Tiredness Loss of appetite Involuntary weight loss Chills Night sweats If tuberculosis affects your joints, you may develop pain that feels like arthritis. If tuberculosis affects the bladder, it can be a nuisance to go to the toilet and there may be blood in the urine. Spinal tuberculosis can cause back pain and paralysis of the legs. Tuberculosis in the brain can cause headaches and nausea. You do not have symptoms of tuberculosis unless you have active tuberculosis. Tuberculosis is caused by bacteria. Bacteria spread through the air from person to person. Bacteria enter the air when a person with active tuberculosis in the throat or lungs speaks, laughs, sneezes or coughs. Anyone nearby can then breathe the air and bacteria. Then they'll be infected. Tuberculosis bacteria only spread in the air. You're not getting tuberculosis. Sharing food or drink. I'm going to share toothbrushes. You're touching something an infected person has touched. When you inhale bacteria, they settle in your lungs and begin to grow. Sometimes bacteria migrate from the lungs to other areas of the body. This can include the kidneys, spine and brain. When you have an active infection in the lungs or throat, you are contagious. This means that you can spread the disease to other people. When the disease is elsewhere in the body, and not in the lungs or throat, it is usually unable to spread. It's not easy to get tuberculosis. In general, you need to be close to a person with active tuberculosis for a long time. It is usually divided between family members, close friends and people who live or work together. You are at higher risk of tuberculosis infection if you are in close contact with other infected people. If you become infected, you are at greater risk of developing an active tuberculosis disease if you have a weakened immune system. These may include: Babies and young children from chronic diseases such as diabetes, HIV/AIDS patients Transplant recipients Cancer patients The most commonly used method of checking tuberculosis is a skin test. Blood tests may also be If you have a positive skin test or blood test, it means that you have been exposed to a person receiving tuberculosis. You're infected with a bacterium that causes the disease. The test does not indicate whether you have a latent tuberculosis infection or if you have an active tuberculosis disease. If your skin test is positive, you are likely to have a chest X-ray and a physical exam. This will tell your doctor if you have active tuberculosis and whether you are able to spread the disease to other people. If I have a positive skin test, do I have active tuberculosis? Usually not. A person can become infected with bacteria that cause tuberculosis, but in fact do not have active tuberculosis. Only a few (about 10%) of those infected with bacteria further develop active tuberculosis. Healthy people infected with tuberculosis bacteria are often able to fight the infection. They do not develop active tuberculosis. Bacteria are dormant (passive) in their lungs. If the body is unable to control the infection and the bacteria continue to grow, active tuberculosis develops. This can happen years after infection. It usually happens when something causes the immune system to weaken. Do I know if I'm developing active tuberculosis? There is a small chance that you will develop active tuberculosis, don't you know it. Bacteria can grow in your body without getting you sick. However, most people who experience active tuberculosis have symptoms. The best way to prevent tuberculosis infection is to avoid close contact with an active tuberculosis disease. If you are infected with tuberculosis but do not have an active tuberculosis disease, you can take a drug to prevent the development of the disease. This is called preventive therapy. This treatment is usually a dose of daily medicine that you take for 6-9 months. If you follow your doctor's instructions carefully, you will not develop tuberculosis disease. There's a vaccine against tuberculosis. It is used in other countries where tuberculosis is more common. It is often not used in the United States because of the low chances of contracting tuberculosis. Tuberculosis is treated with antibiotic medicine. The use of the medicine or medicines recommended by your doctor depends on many factors. These include your age, your health, whether your tuberculosis is active or latent, and whether your tuberculosis is drug-resistant. This means that certain drugs do not work for it. You must take your anti-tuberculosis medication for 6-9 months. Your doctor will tell you exactly how and when to take the medicine and for how long. It is very important that you follow your doctor's instructions carefully. Take your medicine at the same time every day. Do not miss doses or stop taking the medicine. This can make it difficult to treat tuberculosis. What drugs are used to treat tuberculosis? Common medicines used to treat tuberculosis include: Isoniazid Rifampin Ethambutol Pyrazinamide depending on the recommendations, you can take 1 or more of these medicines. These drugs do not usually cause side effects. Side effects. TB drugs can damage your liver. Do not drink alcohol or take acetaminophen (one brand name: Tylenol) while taking anti-tuberculosis medicines. Alcohol and acetaminophen can increase the risk of liver problems. Always check with your doctor before taking any other medicine. Some medicines interact with anti-tuberculosis drugs and can cause side effects. During the use of these medicines, your doctor may want to follow you every month. For example, you may need to see a doctor for tests, get another prescription and check for possible side effects or problems. Although side effects of tuberculosis medicine are not common, they can be serious. Call your doctor immediately if you have any of these symptoms: Nausea Vomiting Abdominal pain, tenderness or tenderness Blurring of vision or color blindness Dark (coffee-coloured) urine Fever lasts 3 days or longer Yellowing of the skin and white eyes) If you have an active tuberculosis disease, it will take several weeks before you are no longer contagious. Until then, it is important to take steps to prevent bacteria from spreading. Take your medicine exactly as your doctor tells you. Whenever you're sneezing, sneezing or laughing, cover your mouth with tissue. Put the tissue in a sealed bag before throwing it away. Avoid close contact with other people. Sleep alone in the bedroom. Air the room frequently so that bacteria do not stay in the room. Don't go back to work or school until your doctor says everything's fine. If you develop an active tuberculosis disease, you may need to be medically monitored for the rest of your life. This can include regular reviews and probably some chest X-rays. This is done to ensure that you remain free of tuberculosis, even if you have taken the entire course of the TB drug. How did I get tuberculosis? I work at the hospital. Should I tell my manager I may have contracted tuberculosis at work? What treatment is best for me? Do you want me to develop active tuberculosis? If my symptoms get worse, when do I call my doctor? Is it safe to be around my family? Can I take something to make my cough disappear? I have other medications. What medications is safe to take with my TB drugs? How often do I have to see my doctor? Will my tuberculosis ever heal? 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