

## TB: What Now?

# I was exposed to a person diagnosed with Tuberculosis (TB)



### Talk with a health care provider

Talk with a health care provider about your medical history, getting a TB test, and possible symptoms. While most people who were recently exposed to TB do not need to isolate, ask about isolation practices and when you can get back to your daily routine.



### Understand your exposure

Exposure is the time you spent with someone who has active TB, before they received treatment to make them no longer contagious.

- TB bacteria are spread through the air when a person with active TB disease of the lungs or throat coughs, sneezes, speaks, or sings.
- TB is not spread by touching objects or eating food.
- Someone being treated for a TB infection cannot spread the TB bacteria.



### Get tested

Two tests can be used to help detect TB infection: a skin test or TB blood test.

- **Skin tests** are performed by injecting a small amount of fluid into the skin in the lower part of the arm. You must return 48-72 hours later to have a health care professional measure the reaction on your arm.
- **TB blood tests** require a blood draw.

A health care provider can help to determine which test will work best for you.



### Learn the basics:

- Only people with active TB disease of the lungs can spread TB bacteria to others.
- Not everyone who has been exposed to TB bacteria will get infected.
- TB is very slow growing (months to years). Even people infected with TB bacteria may not develop TB disease.
- People with TB disease are most likely to spread the bacteria to people they spend time with every day, such as family members, friends, coworkers, or schoolmates.



### Symptoms of active TB Disease:

TB bacteria usually grow in the lungs and may cause symptoms such as:

- a bad cough that lasts 3 weeks or longer
- pain in the chest
- coughing up blood or sputum
- weakness or fatigue
- weight loss
- no appetite
- chills
- fever
- extensive sweating at night