

TB: What Now?

I have symptoms of Tuberculosis (TB)



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



Talk with a health care provider

- Talk with a health care provider about your medical history, getting a TB test, and your symptoms.
- Talk about if and when you spent time with someone who has active TB disease.
- Ask about isolation practices and when you can get back to your daily routine.



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 and may also test for other respiratory illnesses.



If positive,

Other tests are needed to see if you have TB Infection, TB disease, or neither. Tests can include a chest x-ray and sputum samples.



If negative,

Talk with your health care provider about your results. At this point, TB Infection and TB Disease are not likely. However, you may be asked to retest in a couple of weeks.



Learn the basics:

- Only people with active TB disease 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.