

Signs & Symptoms of TB Disease:

- Cough of 2 weeks or more
- Fever
- Fatigue or Tiredness
- Weight Loss
- Night Sweats
- Blood in Sputum (lung mucus)

If you have any of these symptoms, you should ask your Doctor or Community Health Nurse about Tuberculosis.



Our Vision

Healthy, Self-Determining
and Vibrant BC First Nations
Children, Families and
Communities.



First Nations Health Authority
Health through wellness

For further information about TB
please contact your
Community Health Centre:



First Nations Health Authority
Tuberculosis Services

Toll-Free: 1.844.364.2232

Fax: 604.689.3302

Email: fnhatb@fnha.ca

Website: www.fnha.ca/tuberculosis

The illustrations used in this FNHA Tuberculosis program information series were selected as part of a contest asking First Nations artists to visually show what Tuberculosis looked like or meant to them. We thank each artist for sharing their vision with the FNHA Health Protection team for use in these publications.



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Preventing TB Disease: Medication Treatment for TB Infection

What is Tuberculosis (TB)?

TB are bacteria which are passed through the air when someone with TB Disease coughs, sings or shouts. These bacteria can be breathed into the lungs by another person in the same room.

**Good news!
TB can be prevented and cured!**



TB Infection

When you breathe these TB bacteria into your lungs, your body fights back by building a wall around the TB bacteria. You are infected with TB but do not get sick because the germs are inactive.

You will have a positive TB skin test and a clear chest x-ray but do not feel sick and cannot make anyone else sick.

Once you have TB infection you will have a 10% chance of getting TB disease over your lifetime. This chance can increase if you have certain risk factors (see *Who Should Take Isoniazid*). By taking medication you can reduce this chance.

Prevention

If your TB skin test is positive and your chest x-ray is negative, you may be recommended to take a medication for 9 months to prevent TB disease.

The medicine helps to prevent the “sleeping” TB bacteria from waking up and causing TB Disease. In fact, it reduces the possibility of sleeping TB becoming active TB Disease by 70%.

This medication can be taken once a day at home, or twice a week at the Health Centre.

Side Effects

Most people who take this medication have no problems.

If these side effects occur, please report them to the Nurse or Doctor immediately:

- Nausea or vomiting
- Yellow eyes
- Dark urine (looks like tea)
- Numbness or tingling in your hand and feet
- Rash, itch or hives

These side effects are rare.

Avoid drinking alcohol or taking products with Tylenol (acetaminophen) while taking this medication



Who Should Take Isoniazid?

Isoniazid is usually recommended for people with a positive TB skin test.



Some people have a **higher risk** of getting TB disease if they have a positive TB skin test and their body is weak from:

- HIV/AIDS
- Diabetes
- Kidney disease or failure
- Poor Nutrition
- Cancer
- Medication that weakens the immune system (e.g., Prednisone, Methotrexate, Azathioprine, Imuran, Humira, Ciclosporin, Remicade, Enbrel)

Please tell your Doctor or Nurse about any other health conditions or medication that you are taking.

Delay taking Isoniazid if you are pregnant.

Remember that you can help cure and prevent TB!

