

## 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.



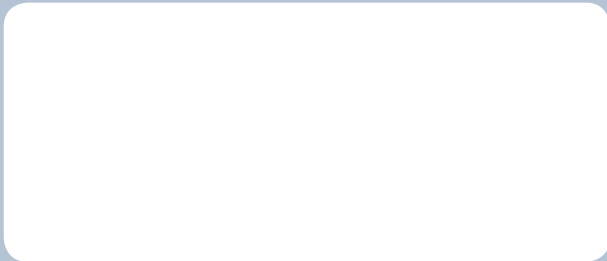
## Our Vision

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](mailto:fnhatb@fnha.ca)

Website: [www.fnha.ca/tuberculosis](http://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.



First Nations Health Authority  
Health through wellness



## Tuberculosis and HIV



## What is Tuberculosis (TB)?

TB are tiny 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.

### TB & HIV/AIDS

People infected with HIV & TB infection are at the highest risk of developing active TB Disease.

TB Disease may cause HIV to progress to AIDS.

Good news!  
TB can be prevented and cured!

### TB Infection

When you breathe TB bacteria into your lungs, your body fights back by building a protective wall around the TB bacteria, causing the TB to become inactive. You do not get sick at this time because the bacteria are “sleeping”.

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. By taking medication you can reduce this chance significantly.

## 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.

This medication can be taken safely with Anti Retro Viral (ARTs) medication which is taken for HIV/AIDS.



## TB Disease

If your body's defences are unable to fight off the TB bacteria, they can “wake up” and make you sick with TB Disease.

You are more likely to get TB disease when your 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)

*Pulmonary TB Disease* affects the lungs. This is the only TB that can be passed to others.

TB Disease can also affect any other part of the body (e.g., brain, blood, lymph nodes, bladder, and spine). These are not passed to others.

## TB Testing

**TB Skin Test:** A positive TB skin test means that you likely have TB Infection. Persons with HIV/AIDS should have regular skin tests.

Sometimes TB skin tests may read as a false negative in persons whose immune systems are not working well (e.g., HIV/AIDS, persons on immune suppressing medication). Sometimes blood tests are used to confirm that the skin test is truly negative and that TB infection does not exist in your body.

ANY person with a negative TB skin test who has TB symptoms should have further TB testing such as chest x-ray and sputum tests.

