

WHAT IS TB?

Tuberculosis (TB) is caused by the bacteria, *Mycobacterium tuberculosis* and there are 2 forms of TB.



ACTIVE TB DISEASE

A person with active TB may be **infectious** and **may exhibit** TB symptoms



LATENT TB INFECTION

A person with LTBI is **non-infectious** and **does not exhibit** TB symptoms



HOW IS TB TRANSMITTED?

TB is typically spread through close and prolonged exposure to an individual with active TB. For example, through sharing an enclosed space that is air-conditioned or poorly ventilated for prolonged periods*.



*prolonged periods: 8 hours or more, cumulatively

TB CAN BE TRANSMITTED VIA...



Living in the same household



Sharing an enclosed space for prolonged periods

TB CANNOT BE TRANSMITTED VIA...



Shaking someone's hand



Sharing food or drink



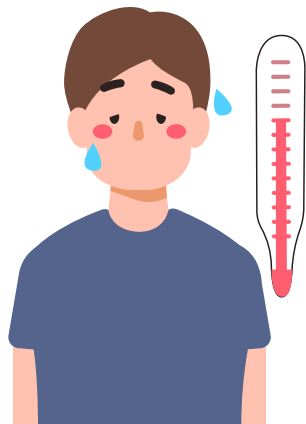
Touching bed linens or toilet seats



WHAT ARE THE VARIOUS SYMPTOMS OF TB THAT PEOPLE NEED TO LOOK OUT FOR?



Night Sweats



Persistent Fever



Persistent cough that lasts 2 weeks or longer



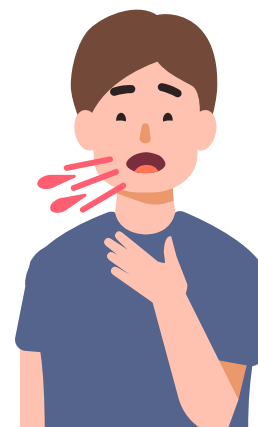
Fatigue



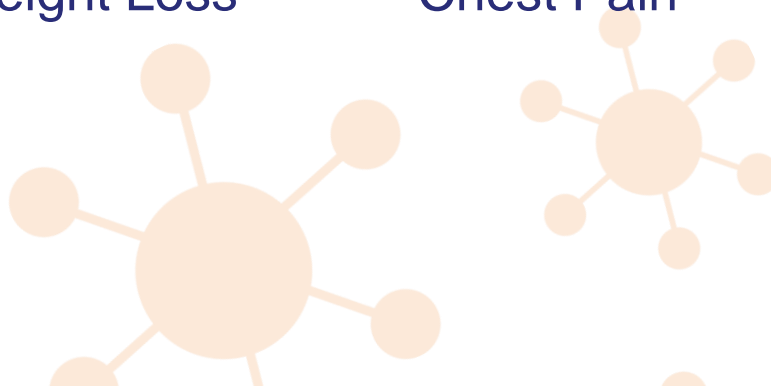
Weight Loss



Chest Pain



Blood in the Sputum



WHAT TO DO IF YOU HAVE TB SYMPTOMS?



- 1 If unwell, self-isolate and seek care as soon as possible
- 2 Head to the nearest GP or polyclinic to consult a doctor
- 3 Inform the doctor that you have symptoms suggestive of TB
- 4 If TB is suspected, the doctor may do further tests and/or refer you to the National Tuberculosis Care Centre (NTBCC) for evaluation
- 5 Should TB (latent or active) be confirmed, the appropriate treatment will be given to you



Prompt action safeguards your health and those around you



National Centre for
Infectious Diseases