



Tuberculosis (TB) and Latent TB

Protecting your health into the future





About tuberculosis



I would like to talk to you about how you can protect yourself and your family from becoming ill with tuberculosis (which is often called TB)

TB is a serious illness that can affect anyone



www.thetruthabouttb.org

www.tbalert.org

THE
TRUTH
ABOUT
TB

Transmission



TB is caused by bacteria, which are passed through the air when someone with TB in their lungs talks, coughs or sneezes

TB cannot be spread through spitting, sharing items like cups or cutlery, or from touching surfaces



Transmission





How does TB work?



Clear



Latent TB



Active TB

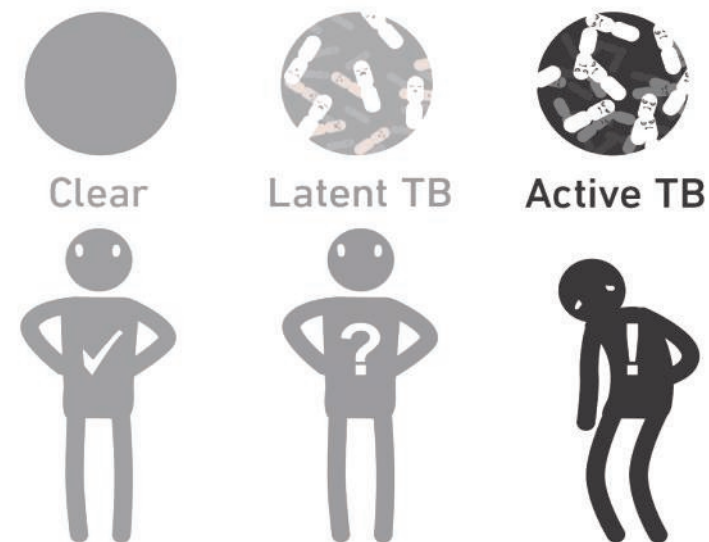


When someone with TB in their lungs coughs or sneezes they send TB bacteria into the air. If you breathe in these bacteria, one of three things will happen:

- your body will clear TB bacteria so they cannot harm you now or in the future
- the TB bacteria sleep in your body – this is called latent TB
- the TB bacteria make you ill – this is called active TB



How does TB work?



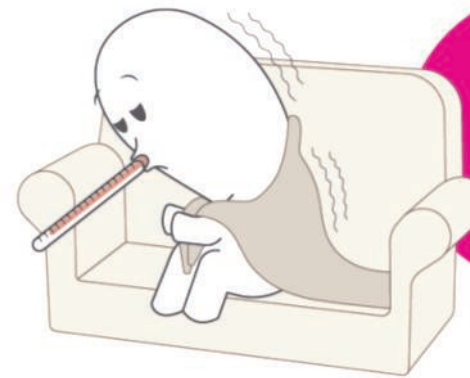
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Active TB

Cough?



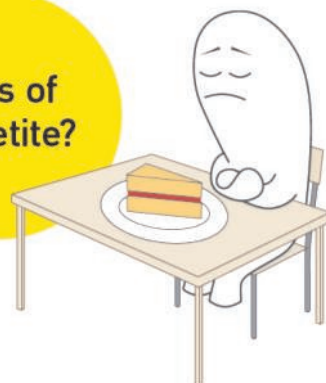
Fever?



Weight
loss?



Loss of
appetite?



Night
sweats?

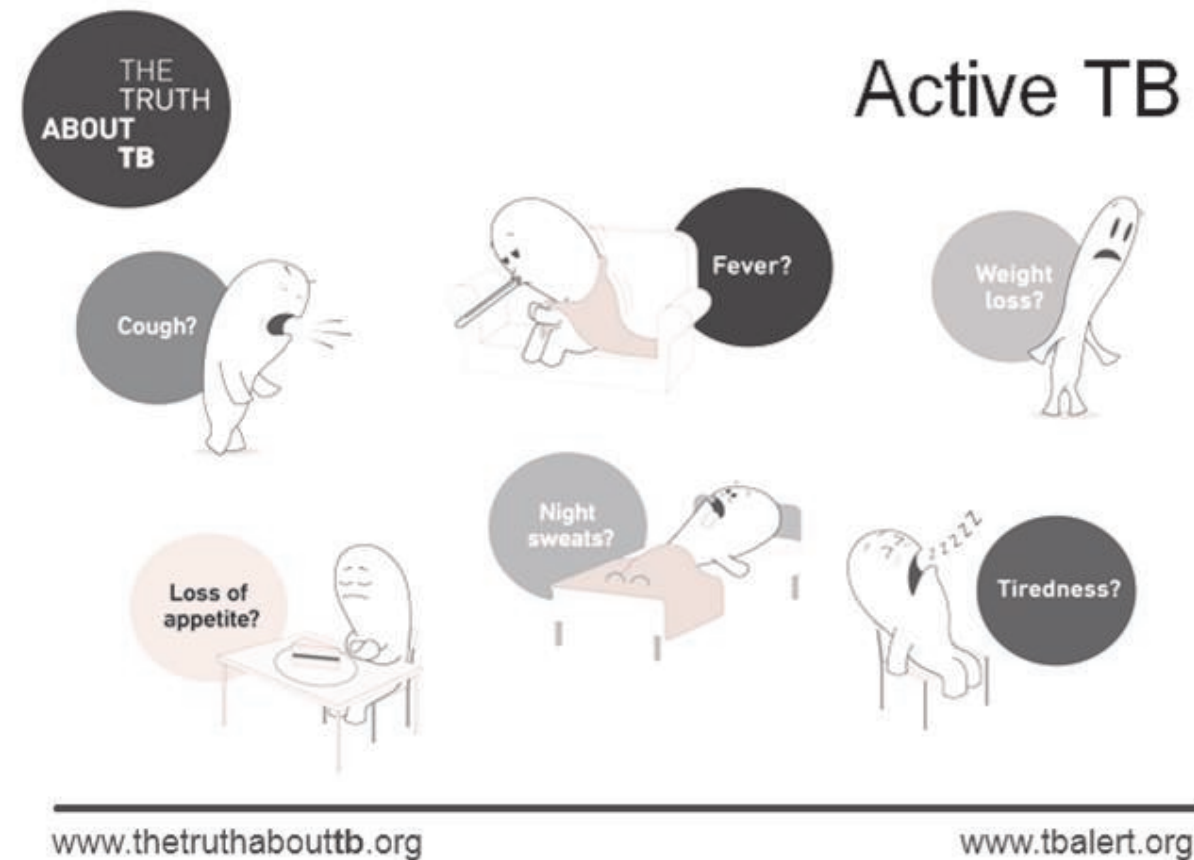


Tiredness?



The symptoms of TB vary but the most common ones are having a cough that lasts over three weeks, fever, weight loss, loss of appetite, sweating in the night so much that you soak your sheets, and extreme tiredness

Not everyone will have a cough, and some people will only have one or two symptoms – anyone with ongoing symptoms that could be TB should see a doctor



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Latent TB



1 in 4 people in the world have latent TB – the sleeping form of TB – but few people have ever heard of it

If you have latent TB the bacteria are asleep in your body. However, they can wake up at any time and make you ill with active TB

While the bacteria are asleep you do not have any symptoms and you cannot pass on TB to others

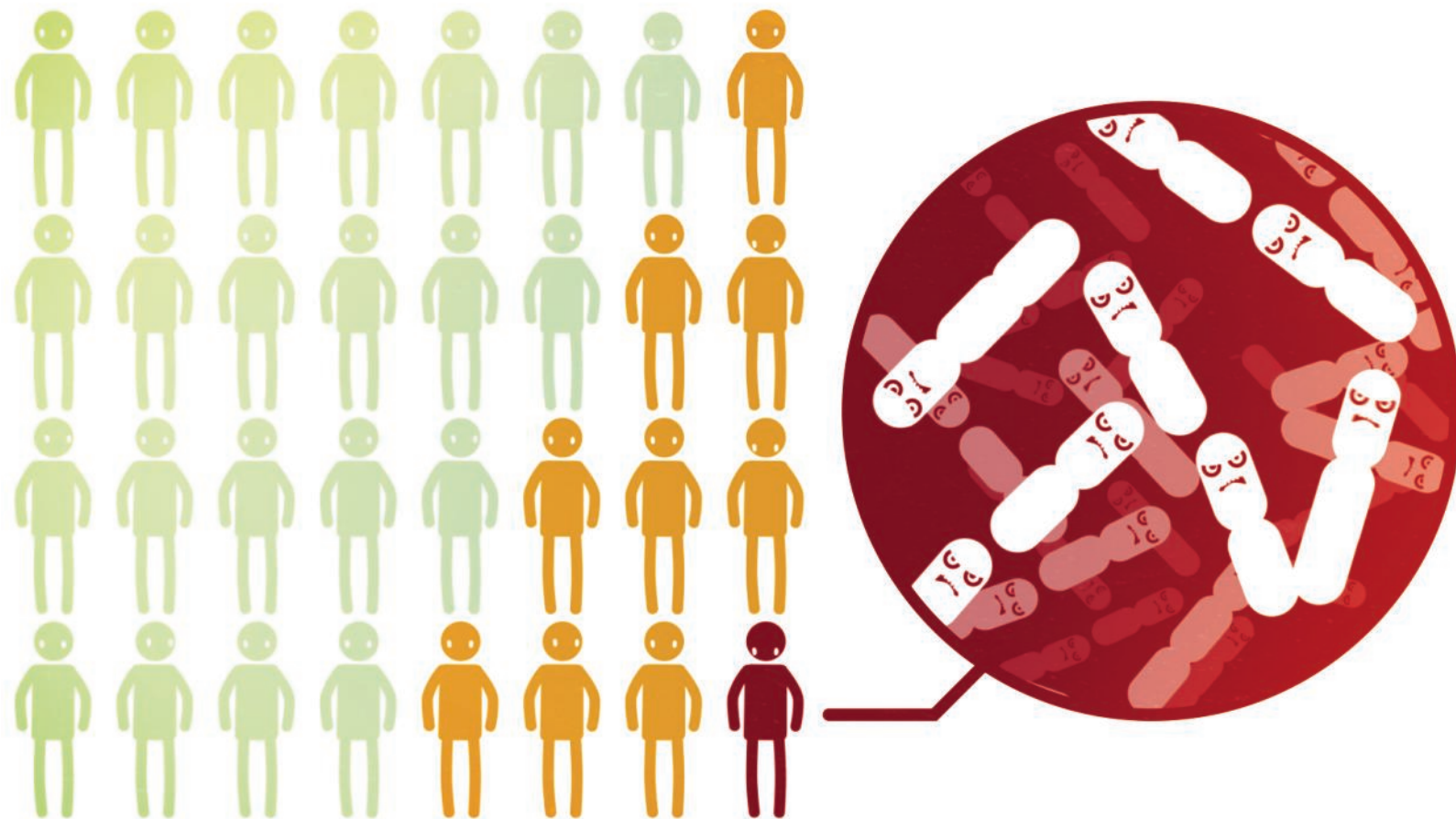


Latent TB



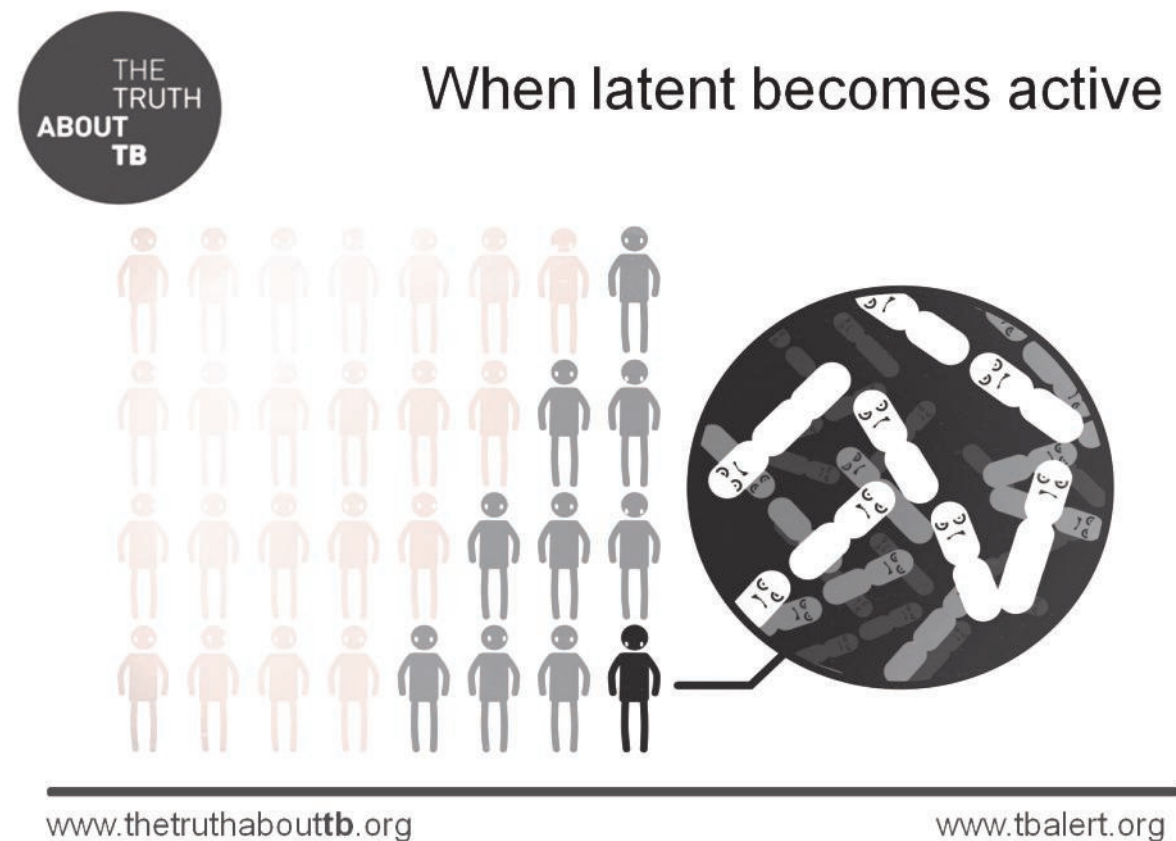
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When latent becomes active



If you have latent TB, there is a 1 in 10 chance it will become 'active TB' in the future

It is most likely to become active during the first five years after you settled in the UK



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Testing for latent TB

16-35 years?
Settled in
England in the
last 5 years?



From one of these countries?



Why not ask your GP for a **FREE LATENT TB TEST?**

Fortunately, latent TB can be found with a simple blood test, and treated before it can do any harm

Testing and treatment is offered to anyone who is aged 16-35 and has settled in England in the last five years from a country where there is a lot of TB
(in dark blue on the map)



Testing for latent TB

(national TB strategy)

An infographic on a light orange background. On the left, it asks '16-35 years? Settled in England in the last 5 years?' next to four stylized human figures (three men and one woman). Below this, a dark grey arrow points right with the text 'From one of these countries?'. The arrow points towards a world map on the right, where several countries in Africa, Asia, and South America are highlighted in dark blue. At the bottom, it says 'Why not ask your GP for a **FREE LATENT TB TEST?**'

16-35 years?
Settled in
England in the
last 5 years?

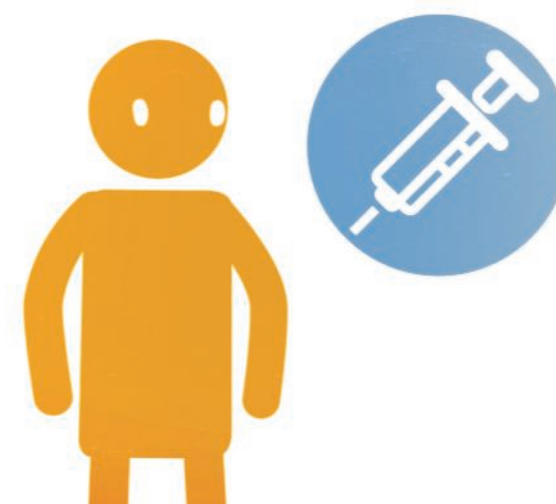
From one of these countries?

Why not ask your GP for a **FREE LATENT TB TEST?**



You can still have TB even if...

...you have had the BCG vaccination — it is not fully effective



...you have had a clear chest x-ray — they only look for TB in the lungs



There is no way of telling if you have latent TB without a test

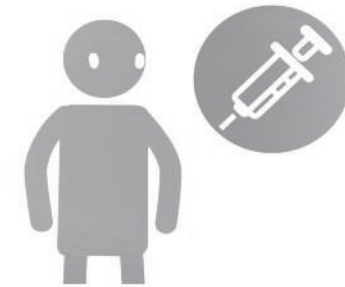
You should be tested even if you had a BCG vaccination, because the protection from BCG reduces over time

Also, you should be tested even if you have had a chest x-ray to get your UK visa, because a chest x-ray cannot see latent TB



You can still have TB even if...

...you have had the BCG vaccination – it is not fully effective



...you have had a clear chest x-ray – they only look for TB in the lungs



Act now to protect your health

Register with a GP

GP services
are **FREE**
to everyone
living in
the UK



Find your nearest practice
online **www.nhs.uk**

Book your latent TB test



It is free and easy to get tested for latent TB – ask your GP about it

If you are not registered with a GP you can find your nearest GP practice through the NHS website: www.nhs.uk. GP services are free to everyone living in the UK



Act now to protect your health

Register with a GP	Book your latent TB test
<p>GP services are FREE to everyone living in the UK</p>  <p>Find your nearest practice online www.nhs.uk</p>	



Act now to protect your health

Latent TB

Prevention
is better
than cure



[Question – to open conversation]

So do you see how this is a good way to prevent getting ill in future?





THE
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TB
in your
community

The Truth About TB is a national programme from **TB Alert**
that raises public and professional awareness about TB

www.thetruthabouttb.org



www.tbalert.org

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TB Alert is a company limited by guarantee | Registered in England No. 3606528 | Registered charity No. 1071886

TB Alert is a Stop TB partner and a member of the International Union Against Tuberculosis and Lung Disease

Our vision is the control and ultimate elimination of TB | Our mission is to increase access to effective treatment for all