



# 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](http://www.thetruthabouttb.org)

[www.tbalert.org](http://www.tbalert.org)

THE  
TRUTH  
ABOUT  
TB

# Transmission

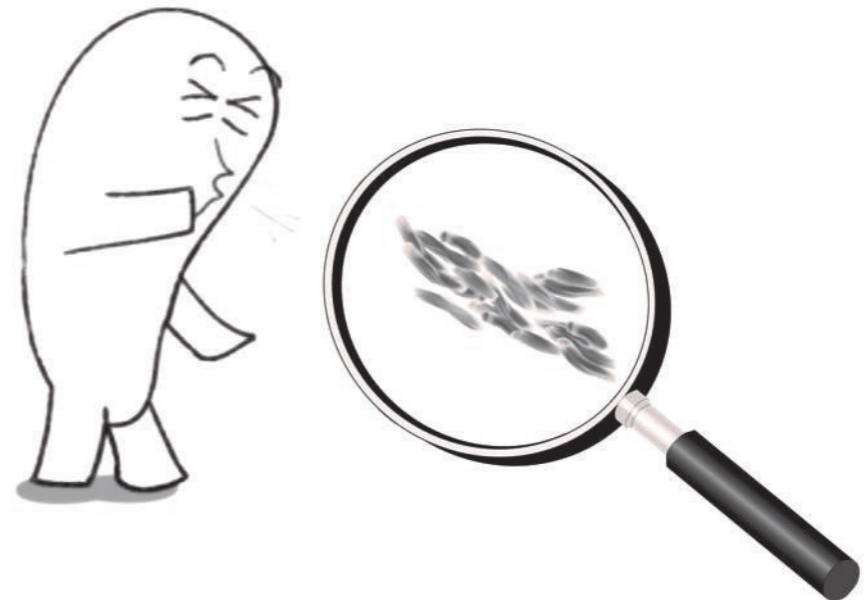


TB is caused by bacteria, which are passed through the air when someone with TB in their lungs talks, coughs or sneezes

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

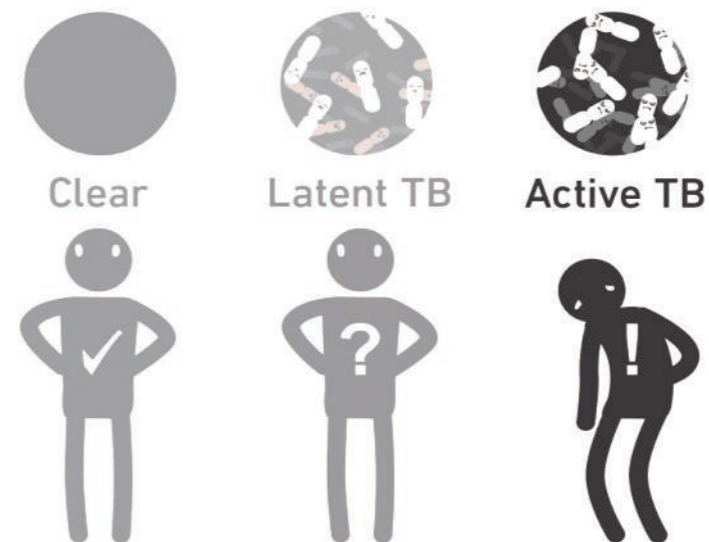


When someone with TB in their lungs coughs or sneezes they send TB bacteria into the air. If you breathe in these bacteria, one of three things will happen:

- 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?



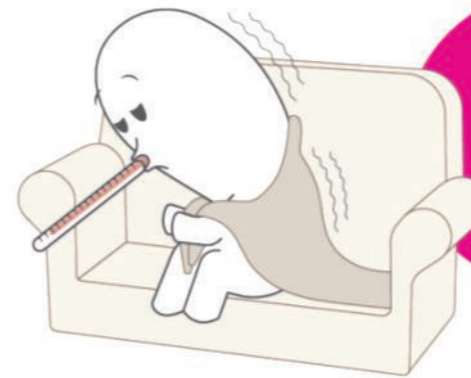
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# Active TB

Cough?



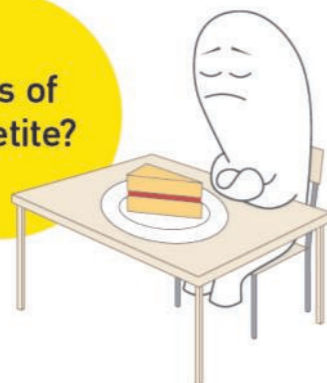
Fever?



Weight  
loss?



Loss of  
appetite?



Night  
sweats?

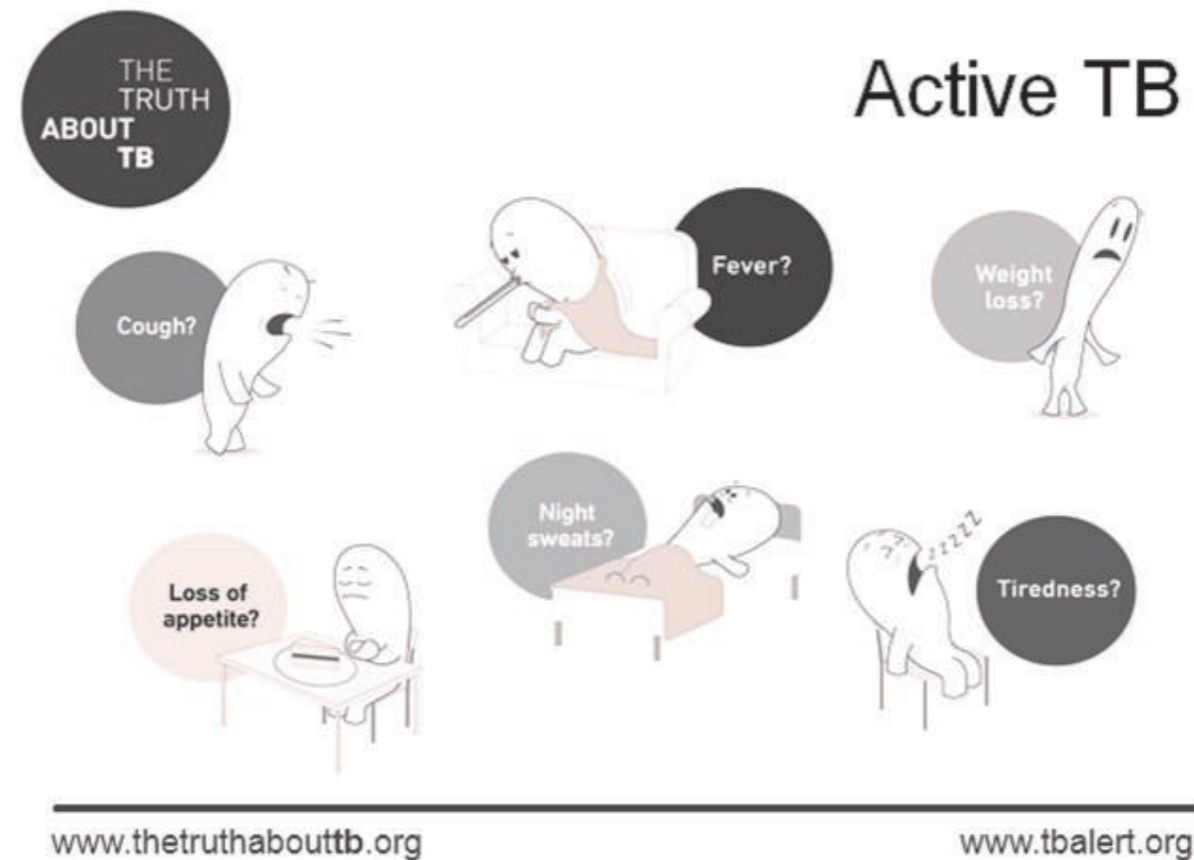


Tiredness?



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

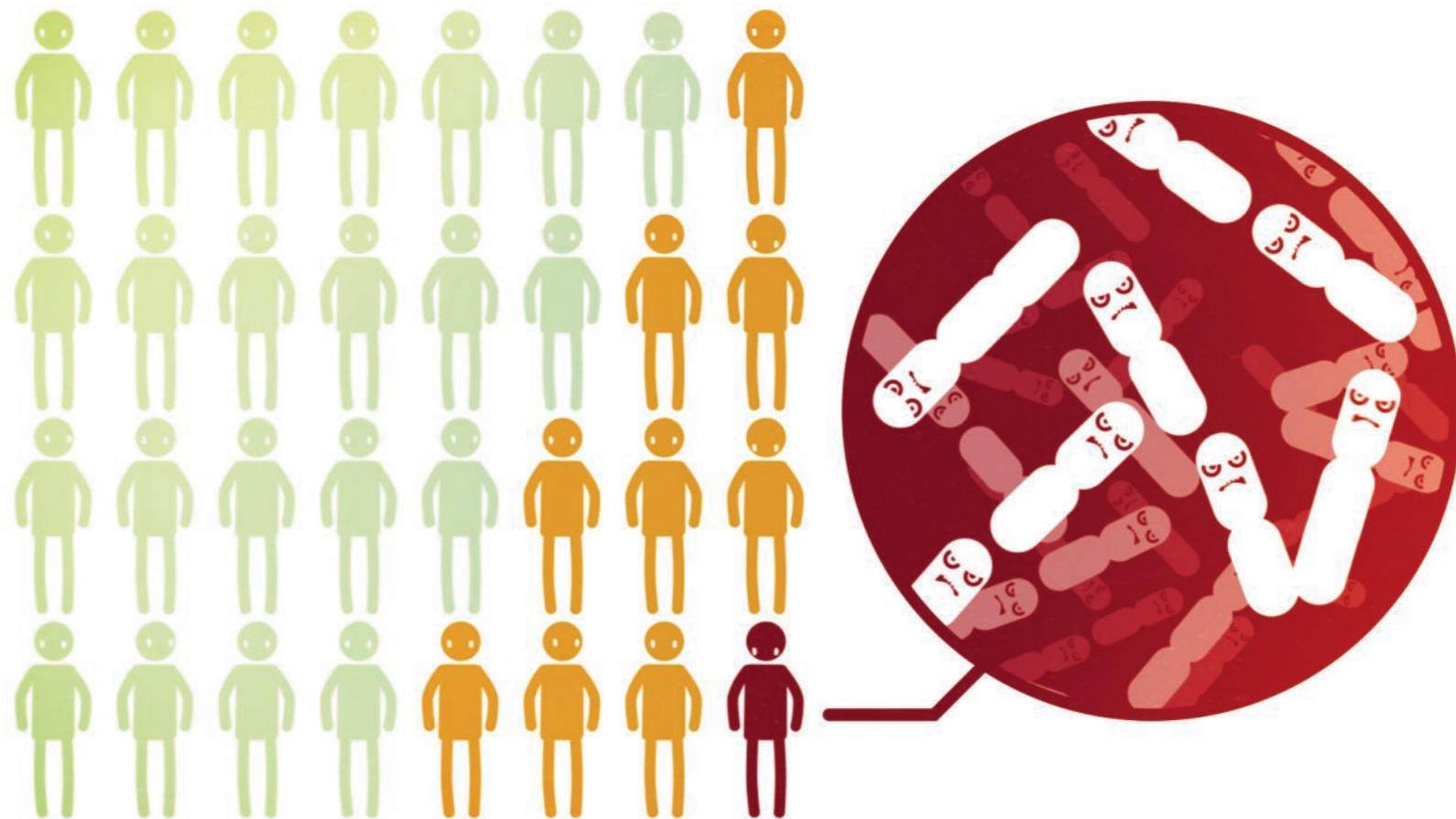


## Latent TB



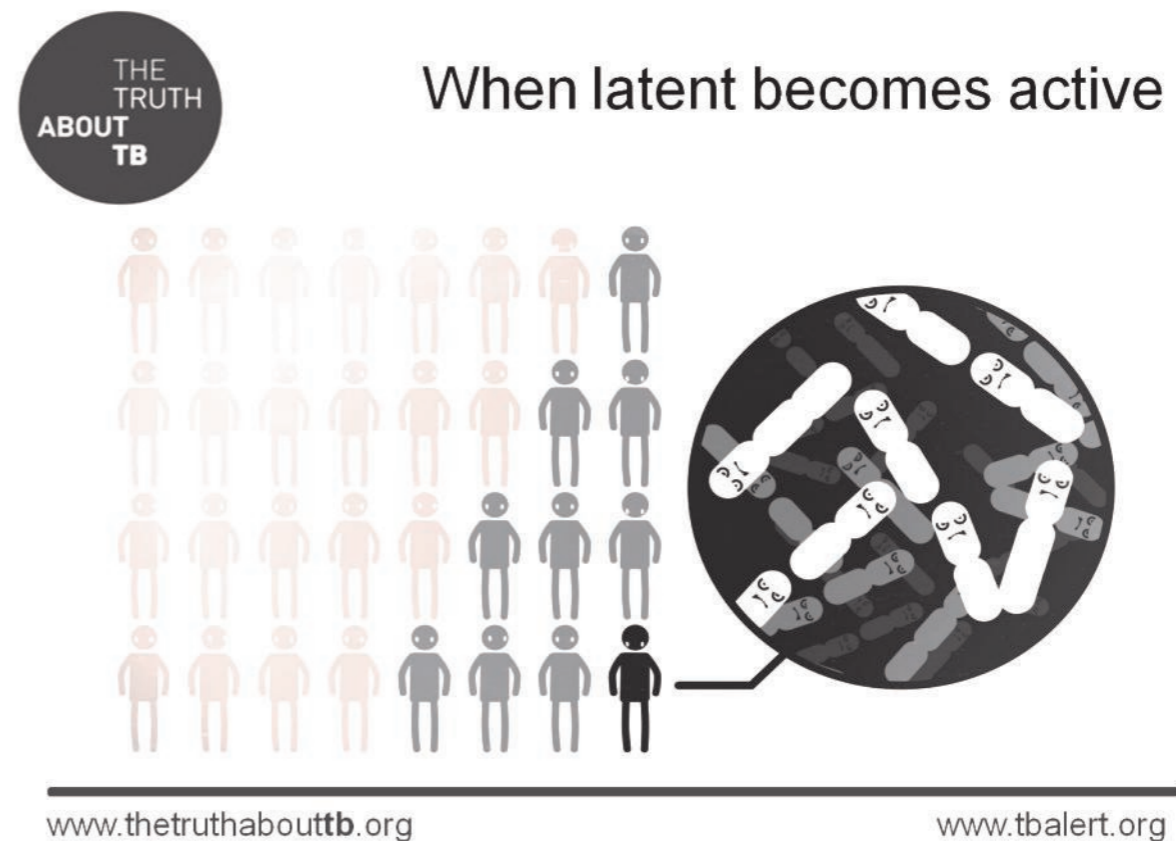
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# When latent becomes active



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)

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](http://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](http://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 <b>FREE</b> to everyone living in the UK</p>  <p>Find your nearest practice online <a href="http://www.nhs.uk">www.nhs.uk</a></p>	



Act now to protect your health

**Latent TB**

Prevention  
is better  
than cure

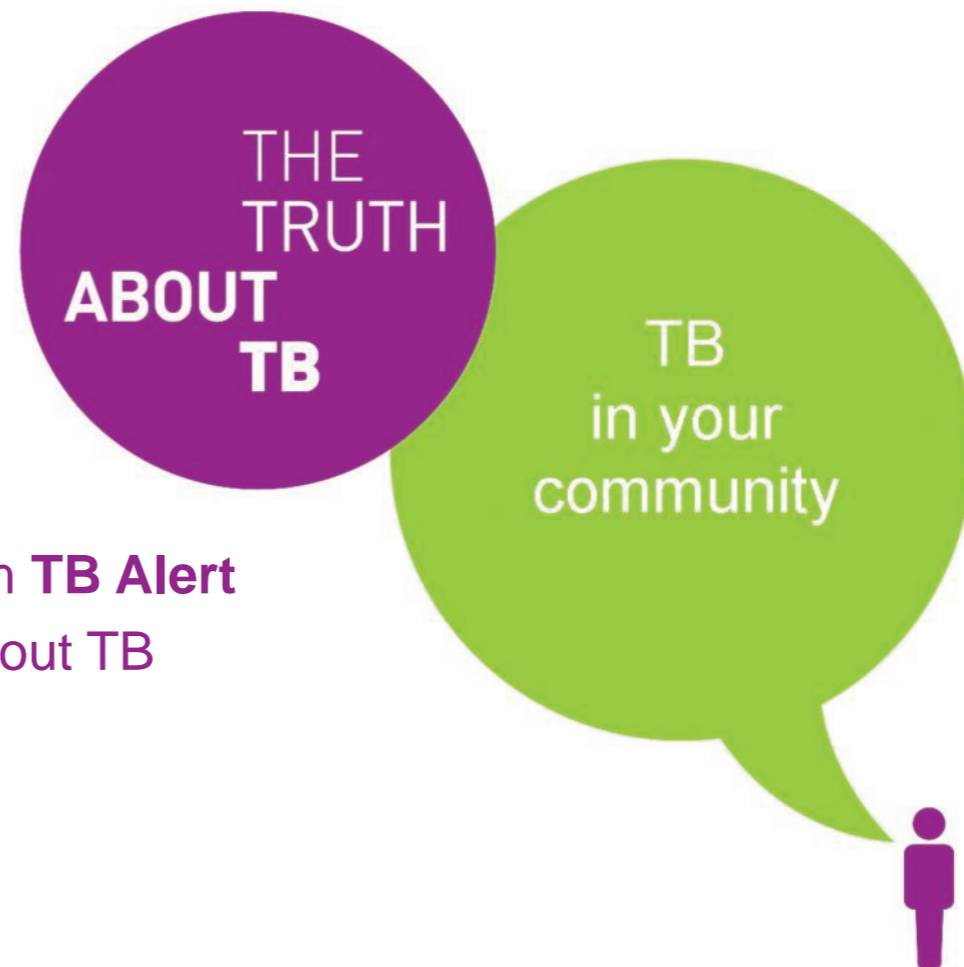


[Question – to open conversation]

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



Latent TB  
Prevention  
is better  
than cure



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

[www.thetruthabouttb.org](http://www.thetruthabouttb.org)



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[www.tbalert.org](http://www.tbalert.org)

TB Alert, Community Base, 113 Queens Road, Brighton, BN1 3XG | Tel: 01273 234029 | Email: [office@tbalert.org](mailto:office@tbalert.org)

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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