

What is tuberculosis?

TB is a bacteria that can make people very sick with TB disease.

TB disease can be deadly if it is not treated.

1.5 MILLION deaths worldwide from TB each year

How is TB spread?



TB spreads through the air when someone sick with TB coughs, laughs, talks or sings. People nearby who breathe in the bacteria could become infected and sick.

What are some symptoms of TB disease?

- Coughing (3+ weeks)
- Coughing up blood
- Fever
- Weight loss without trying
- Night sweats
- Extreme tiredness

What might put me and my family at risk?



Spending time with someone with TB disease



Visiting or being born in a country where TB is common



Having a weakened immune system

Anyone can get TB but some people are **more at risk!**

You should get a TB blood test if you:

- Were born in or lived in a country (over 1 month) where TB is common: anywhere in Africa, Asia, Mexico, Central America, the Caribbean and Eastern Europe
- Lived with or spent time with someone who was sick with TB disease
- Are living with HIV, have received an organ transplant **or** take medicine that makes your body's immune system weak

1 in 7

Asian Americans in California is living with tuberculosis (TB) infection



**Keep your family safe.
Find out your TB status!**



tbfreecalifornia.org

What is TB infection?

If you breathe in TB bacteria, you can get **TB infection**.

When someone has TB infection, TB bacteria are “**sleeping**” but they can wake up and make you sick in the future. **TB infection can become TB disease if you do not take TB prevention treatment.**

A person with TB infection:

Has no symptoms

Does not feel sick

Cannot spread TB bacteria to others

Treatment can stop TB infection from becoming TB disease

A person with TB disease:

May feel sick

May have an abnormal X-ray

Can spread TB bacteria to others

Treatment can cure TB disease

But I have had the “TB vaccine” (BCG)

The “TB vaccine” (BCG) **does not provide long-term protection against TB**. You can still become infected with TB even if you received the BCG vaccine.

If you have had the BCG vaccine, **the TB blood test is the correct test** to get (**not the TB skin test**).



Did you know...

Every other day,
a Californian dies of TB

Each week,
at least 1 child in California is found to have TB disease

More than 2 million people
in California are living with TB infection and most do not know they are infected

If you have TB infection, these health conditions increase your chances of having TB disease:



Diabetes



HIV



Kidney disease



Taking medicine that makes your body's immune system weaker

If you have any of these health conditions, it is important that you get a TB test!

You **do not** have to suffer from TB.



TB NOW!



4 Steps to Preventing TB Disease

- 1 Find out if you are at risk for TB.** See the back page and speak to your doctor.
- 2 Get a TB blood test** to find out if you have TB bacteria in your body. A TB blood test is the recommended test for anyone who is 2 years and older.
- 3 Get a medical exam and a chest x-ray** if your doctor informs you that you have TB infection.
- 4 Get treatment to stop the TB bacteria from multiplying.** If you have TB infection, getting treatment is an important step to protect yourself and your family from getting TB disease. If you have TB infection, **taking TB prevention treatment for 12 weeks** will stop TB infection from becoming TB disease!

Talk to your doctor today!