

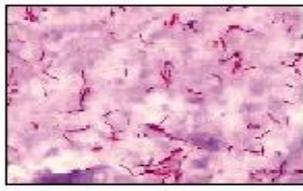
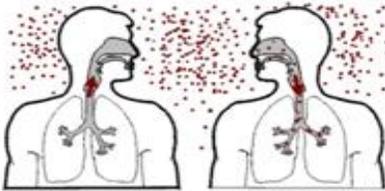


Diana Gomez,  
Director

# Tuberculosis

**Background:** Tuberculosis (TB) is a bacterial disease that mainly affects the lungs. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. If not treated properly, TB disease can be fatal.

**How TB Spreads:** TB bacteria are spread from person to person through the air. The TB bacteria are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. People nearby may breathe in these bacteria and become infected.



Source: CDC. (2012, March 13). *Basic TB Facts*.

## Symptoms:

- Persistent/chronic bad cough
- Coughing up blood
- Chest pains
- Weakness/feeling tired
- Weight loss
- Loss of appetite
- Fever and chills
- Night sweats

**Testing:** Two different types of testing can be used to detect tuberculosis bacteria within the body. There is a **TB skin test** and a **TB blood test**. Both of these tests can be administered by a primary healthcare provider or the health department. If either of the tests comes back positive, further testing is done to determine latent TB or active TB infection.

**Treatment:** Latent TB is usually treated to help keep the infection from spreading and becoming active. Both active and latent TB are treated by taking several drugs over the course for **at least 6 months**. If you are taking medicine for TB disease, you must take your pills until your doctor tells you to stop. If you stop taking medicines for TB disease early or do not take them the right way, you can become sick again and stay sick for a longer time.

## Latent TB:

- Bacteria are alive in the body, but inactive
- No symptoms of TB
- Cannot spread TB to others

## Active TB:

- Symptoms of TB can be seen
- TB can spread to others

## TB is NOT spread by:

- Shaking hands
- Sharing food or drinks
- Linens or toilet seats
- Saliva shared from kissing



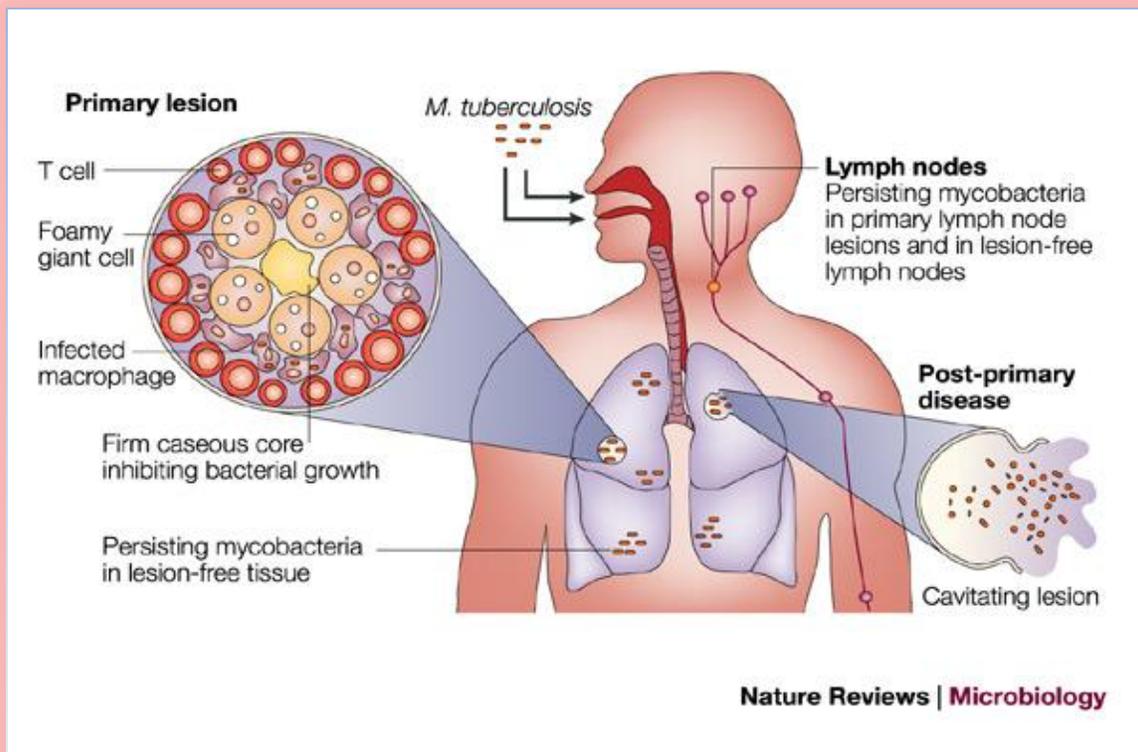
## Who is at Risk?

Anyone that comes into contact with TB bacteria is at risk for contracting the disease. Once you have TB infection, you have a higher chance of getting TB disease if you:

- Have HIV infection
- Have been recently infected with TB (in the last two years)
- Have other health problems, like diabetes, that make it hard for your body to fight germs
- Abuse alcohol or inject illegal drugs

## Important Points to Remember:

- Anyone can breathe in TB germs and get TB infection
- TB infection can turn into TB disease if left untreated
- Both TB disease and TB infection require treatment



## With TB infection:

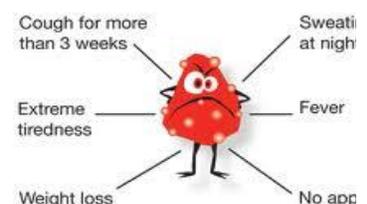
- You cannot pass TB germs to other people
- You can go to work and school
- You will need to stay on medicine so you don't get TB disease

## With TB disease:

- You will need to take TB medicine for at least 2 to 3 weeks before you can no longer spread TB germs to other people
- Even if you start to feel better, you will need to stay on medicine to be cured
- You will need to take several kinds of pills for at least 6-months

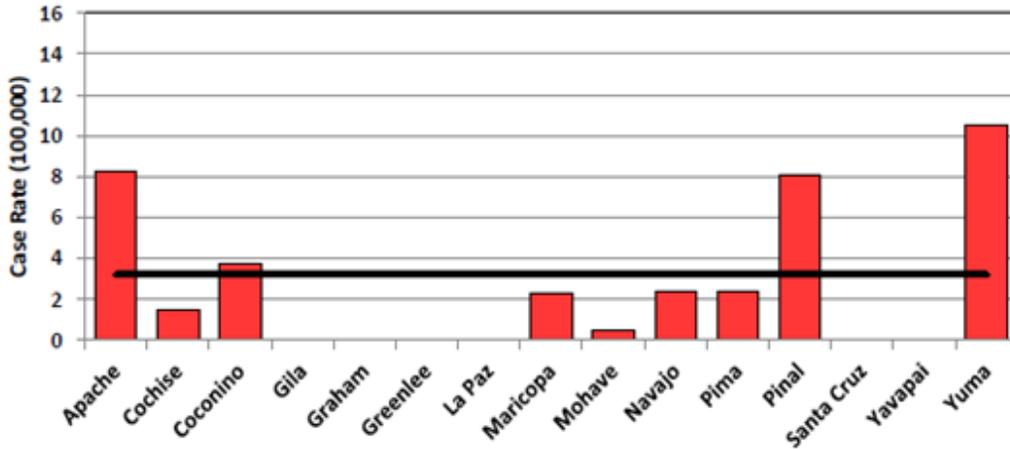
**Multi-drug Resistant TB:** Multiple-drug resistant TB can occur when a person with TB infection does not take treatment drugs as prescribed. By not taking the full medication as prescribed, this introduces the medication to the bacteria but is not strong enough or taken long enough to fight it off. In effect, the bacteria become familiar with the drugs and can become resistant to them. This is extremely dangerous because treatment becomes harder and more expensive.

**TB disease...**  
the germ is awake and causing harm to the body.  
It can cause these symptoms...

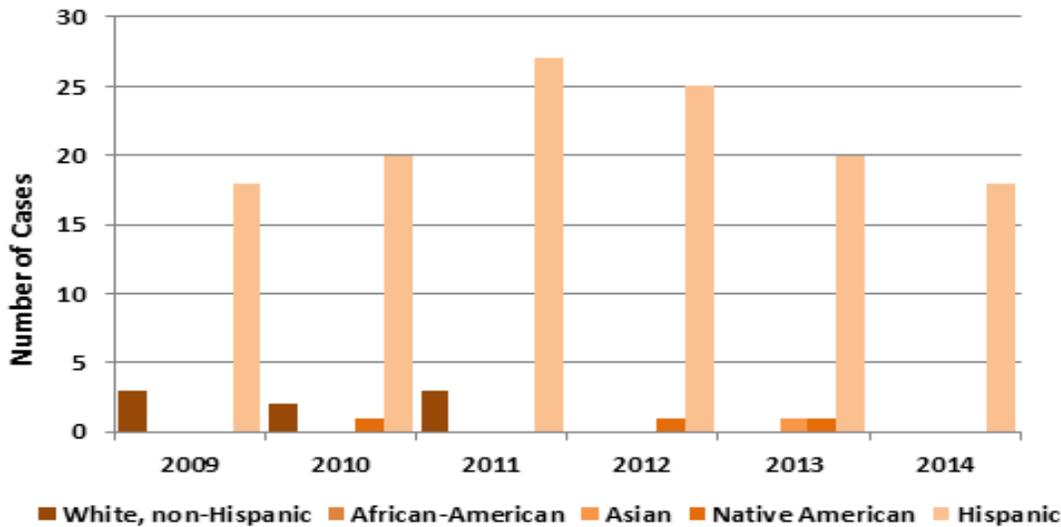


**Tuberculosis in Yuma County:** Yuma County typically has 5-30 cases of TB each year. In 2014, The Yuma County Public Health Services District TB Division treated 18 confirmed cases of TB disease and responded to all 75 suspected TB cases. Yuma County accounted for less than 11% (18/193) of all TB cases reported in Arizona in 2014; and continues to account for higher TB rates compared to other Arizona counties because of the border region and the abundance of correctional facilities in the area.

**Figure 1. TB Case Rate by County, Arizona, 2013**



**Figure 2 . Number of TB Cases by Race and Ethnicity, Yuma County, 2009-2014**



**What is Yuma County Public Health Doing?**

- Maintaining a surveillance system of all TB cases, suspected TB cases, and contacts to TB cases
- Collaborating with healthcare providers, community-based organizations and other agencies to improve prevention and control of TB
- Conducting investigations to identify individuals with TB
- Setting policy standards and guidelines for preventing, diagnosing and treating TB cases
- Ensuring that TB patients remain under medical supervision until treatment is complete

**Resources and Contact Information:**

For more information about the Yuma County Public Health Department Tuberculosis Division, please visit our website at: <http://www.yumacountyaz.gov/departments-and-services/health/divisions/nursing/tuberculosis-tb-control>

To reach the TB Division by phone during regular business hours (Monday-Friday 8AM-5PM), please call: (928).317.4585

Or visit us at: 2200 West 28th Street, Yuma, Arizona 85364 *Created July 10, 2015*

**Completion of Treatment within 1 year, Yuma County, 2008-2012**

