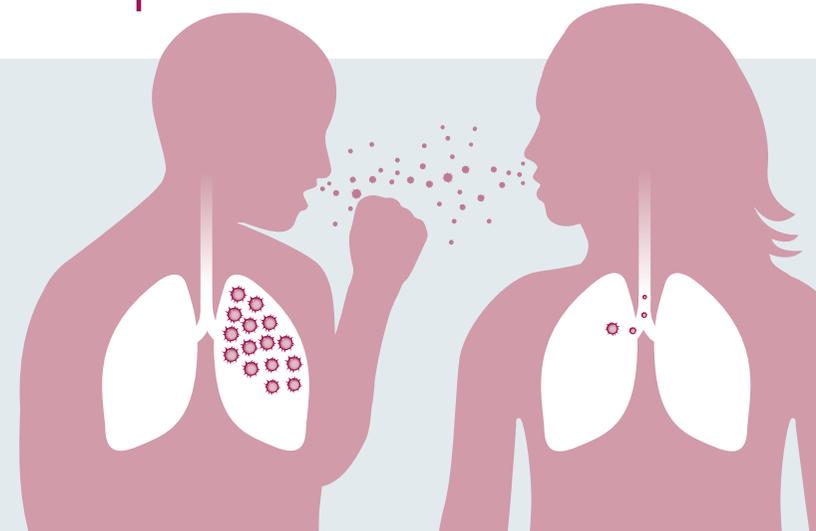


The basics

How TB is passed on



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With thanks to the staff and service users at the following organisations, for the feedback that shaped these resources: Africa Advocacy Foundation, African Culture Promotions, Community Health Action Trust, Ernest Foundation, Ffena (African Health Policy Network), HIV Health Trainers (Terrence Higgins Trust), First Point (Metro Centre), Positive Care Link, Salem Health Project, Widows and Orphans International.

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This leaflet can be viewed in large format as a PDF.
Call NAM on 020 3242 0820.



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Notes

When someone is ill with TB in the lungs, the risk of passing the infection on can be reduced by doing the following:

- Covering the mouth and nose when coughing or sneezing
- Putting used tissues in a bin or bag
- Washing hands regularly with soap and warm water
- Keeping windows open
- Not going to work or school
- Not sleeping in the same room as other people.

Want to find out more?

For more information on this topic:

- read our 'TB and HIV' and 'Treatment for TB and HIV' leaflets;
- read our 'HIV & TB' booklet;
- visit the Truth About TB website at www.thetruthabouttb.org; or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

For more information about HIV

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at www.aidsmap.com/resources. You can get answers to common questions at www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 3242 0820 or by sending an email to info@nam.org.uk

Has this resource been useful to you?

Please let us know what you think by visiting our website at www.aidsmap.com/feedback, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

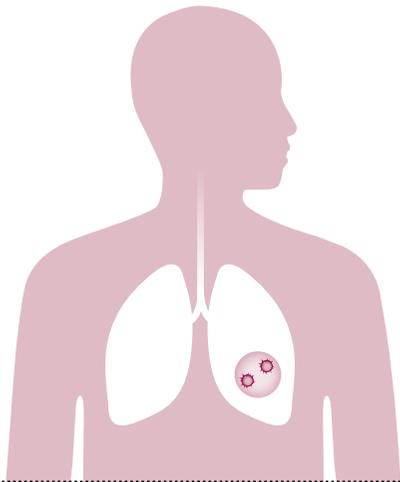
You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

We recommend that you discuss the information in this leaflet with a doctor or other health worker.

The bacteria that cause tuberculosis (TB) can sometimes pass from one person to another through the air.

Some people who have TB can pass it on to other people, but many others can't:

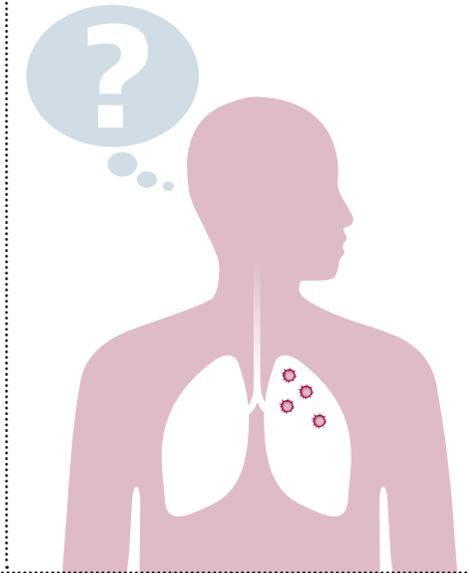
- 1** People who have 'latent' TB infection and do not feel unwell cannot pass TB on to other people. A person with latent infection has TB bacteria in their body, but their immune system is keeping it under control.



- 2** People who are ill because of TB infection in the lungs or throat can pass TB on to other people. When the person coughs or sneezes, TB bacteria are released into the air in tiny drops. Other people may breathe these drops in.



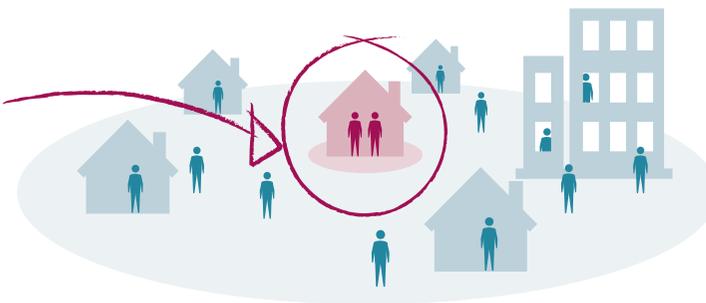
- 3** Some people who have TB do not know that they have it.



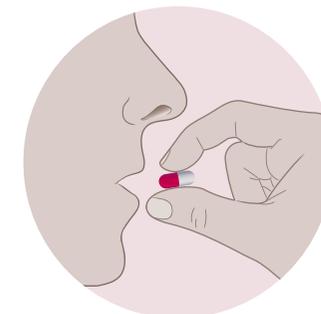
- 4** People who spend a lot of time with a person who has TB may be at risk of getting TB themselves.

People who live in the same house or flat should see a doctor for a TB test.

It's rare for other people such as friends or work colleagues to catch TB.



- 5** TB treatment reduces the risk of passing the bacteria on. After a few weeks of effective treatment, there's usually no risk to other people.



Important points

- TB bacteria are spread through the air when a person who is ill with TB coughs or sneezes.
- Many people who have TB are not infectious.
- Only people who spend a lot of time with a person with TB are at real risk of infection.