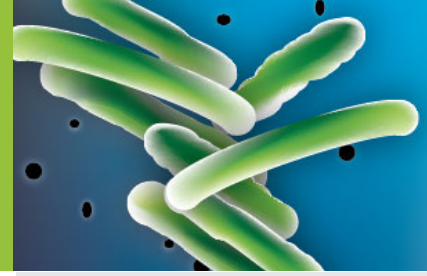


# Tuberculosis



## Isolation for Tuberculosis (TB)

You may have active TB disease or you have been told you have active TB disease. If you have active TB disease, you may be able to spread the TB germ through the air to other people when you cough, sneeze, talk, laugh, or sing.

TB is not spread by sharing spoons or forks, plates, cups, clothes, bed linen, furniture, toilets, or by shaking hands.

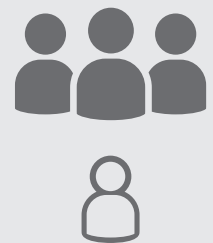
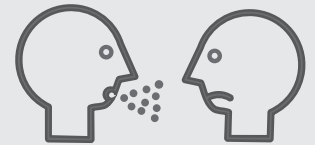
### Isolation

Simcoe Muskoka District Health Unit has required you to stay at home while you are infectious. This is called isolation. Isolation is very important to stop the spread of TB and protect others.

A public health nurse will regularly check to see how you are doing. You may be asked to give sputum samples to determine when you are no longer infectious. When your sputum no longer contains the TB germs, your nurse will tell you that you can stop isolation and go back to your regular activities.

### Protect your family and other people

- ✓ Stay at home. While you are in isolation, you must not go to work, school or places of worship.
- ✓ Only people who were already living with you can live with you while you are infectious.
- ✓ Sleep in a room by yourself if possible.
- ✓ Children under 5 years old who live with you may be on TB preventive medicine until they have had their final TB skin test. Their bodies may not be strong enough to fight TB germs yet. The medicine will protect them from becoming ill.
- ✓ Open your windows. This will help remove TB germs from your home.
- ✓ When you cough or sneeze, cover your mouth and nose with a tissue or your sleeve.
  
- ✗ Do not invite visitors inside your home or visit other people.
- ✗ Do not go to public places (for example: work, school, libraries, places of worship, banks, community centres, restaurants, coffee shops, movies, grocery stores, and shopping malls).
- ✗ Do not use public transportation (for example: buses, subways, trains, airplanes, and boats)



# Tuberculosis

## Tips for Isolation

- ✓ Do stay in touch with family and friends - use the phone or computer to talk with people. This can help a lot with loneliness.
- ✓ Do ask a family member or friend to get groceries or meals for you.
- ✓ Do go outside on your balcony, backyard, or for short walks. Many people feel better when they go outside for a short time. When you are outside, you do not need to wear a mask, but stay away from other people.
- ✓ Do wear a mask when you see your health care provider or get tests for TB. If you take a taxi to your appointment, wear a mask and open the windows. Remember not to take public transportation while you are infectious.
- ✓ Do reschedule any other appointments or meetings to a later date when you are no longer infectious.
- ✓ Do tell ambulance and emergency room staff immediately that you have TB if you have a medical emergency and need to go to the hospital.

Ask the public health nurse if you need help with any of the above.

## Length of Time for Isolation

The length of time for isolation is different for each person. A public health nurse will tell you when isolation is no longer needed and you can resume your regular activities. Generally this is based on your sputum results, tolerating TB medication for 2 weeks or longer, and feeling better.

Even when you feel better, it is important to keep taking all your TB medication as instructed by your health care provider. This will kill the germs and cure your TB!

If you have any questions or concerns about isolation, please talk to your public health nurse by calling 705-721-7520 or toll-free 1-877-721-7520 ext. 8809.

