

What is TB?

TB is a disease caused by the tuberculosis germ. It is spread from person to person through the air and settles in the lungs



TB in the lungs is the most common, however, tuberculosis germs can spread from the lungs and attack any part of the body

How does it spread?



When a person who is sick with TB of the lungs, coughs, sneezes or spits, the invisible germs are spread into the air. The germs are able to stay in the air for many hours and a healthy person who breathes them in can be infected

TB is NOT spread by handling objects that someone infected with TB has simply been touching e.g. dishes, drinking water, sheets or clothing

When should I test for TB?

If you are having any of the following symptoms, you should visit your nearest clinic as soon as possible:



Unintentional weight loss



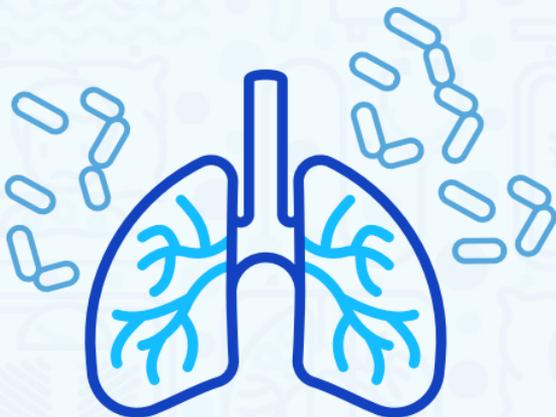
Fever



Night sweats that requires you to change your bed linen or clothes



Cough



Who is at greatest risk of infection?

- People in close contact with someone who has TB including healthcare workers in high burden settings
- People whose immune systems are weak, such as:
 - those living with HIV, diabetics, malnourished people, elderly people over the age of 60 years or those with cancer or taking medicines that decrease the immune system
- Children under 5 years
- People living in overcrowded & poorly ventilated areas such as prisoners and miners

• How would I know if I have TB?



- A person with symptoms of TB will be asked to do a sputum test (cough up sputum – not spit – into a small bottle)
- The sputum needs to be tested to see if TB germs are present
- The test results are often available on the same day as your visit. If not, always **go back to the clinic** to get your results

Can I be cured of TB?



Yes – but only if you have taken the full course of treatment, correctly as instructed

How can TB be prevented?

BCG injection

- Provides partial protection against TB in the lungs for up to 10 years
- Provides some protection against severe forms of TB such as meningitis (infection on the brain) and disseminated TB in children

TB Preventative Therapy (TPT)

- Medication is given to people with TB infection (sleeping TB) to prevent them from getting sick
- The two main choices for TPT are isoniazid or 3HP
- **3HP** is a combination of 2 drugs, rifapentine and isoniazid which are taken on the same day once a week for 3 months to cure TB infection

Infection Prevention and Control in homes and facilities

- This is done through taking medication as directed, coughing into your elbow/sleeve and washing hands often throughout the day, opening windows and living a healthy lifestyle

**SAME DAY
ONCE A WEEK
FOR 12 WEEKS**





- **What is TB Infection (sleeping TB)?**

TB is spread through the air from one person to another.

People who become infected with TB germs, but do not feel sick have TB infection (sleeping TB)

Because the germs are inactive (sleeping), you may not feel sick

A person with TB infection cannot spread TB to others - **only persons with active TB can spread TB**

Why Take 3HP for TB infection?

- TB germs are in your body, taking **3HP or isoniazid** is the only way to kill the TB germs
- If the germs stay in your body they can make you sick from TB
- If you get sick you may spread TB to your family and friends

How long should I take 3HP for?

Same day once a week, every week, for 12 weeks

Benefits of taking 3HP correctly

- Prevents TB infection from becoming TB disease by 90%
- It is taken for a shorter period
- It is easier to take
- Fewer side-effects
- Less toxic to the liver

3HP

MEDICATION TRACKER

The 12-Dose Regimen for TB Infection (Sleeping TB)



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<input type="checkbox"/>						
Week 2	<input type="checkbox"/>						
Week 3	<input type="checkbox"/>						
Week 4	<input type="checkbox"/>						
Week 5	<input type="checkbox"/>						
Week 6	<input type="checkbox"/>						
Week 7	<input type="checkbox"/>						
Week 8	<input type="checkbox"/>						

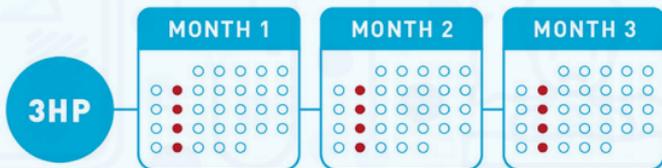


Try to stick to the same day of the week for example Sunday. If you miss Sunday, take the medication within 3 days and go back to your normal Sunday routine

Take all the pills together on the **same day once a week**, **every week for 12 weeks**, and mark the date to show when you took your medicine.

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	<input type="checkbox"/>						
Week 10	<input type="checkbox"/>						
Week 11	<input type="checkbox"/>						
Week 12	<input type="checkbox"/>						
Week 13	<input type="checkbox"/>						
Week 14	<input type="checkbox"/>						
Week 15	<input type="checkbox"/>						
Week 16	<input type="checkbox"/>						

Taking Your Pills



- Take all the pills together on the **same day once a week, every week for 12 weeks**
- Find something you do every week and make that day as your '3HP' day. This will make remembering to take your medication a lot easier
- Think about what you can do to help yourself remember to take the medication on your chosen day. This could involve a friend or setting a weekly alarm on your cellphone etc.
- If your stomach is upset after taking your medicine, try eating beforehand
- Drinking alcohol daily or taking traditional medicines can increase your risk of liver damage when taking isoniazid. You should discuss your alcohol use with your doctor before starting isoniazid and rifapentine.
- Visit the clinic immediately if you have any side effects or have any signs of TB - nights sweats, weight loss, cough and high temperature

What do I do if I miss a dose?



Sunday

Try to stick to the same day of the week i.e. Sunday. If you miss Sunday, take the medication within 3 days and go back to your normal Sunday routine

If you miss for more than 3 days:



Sunday

Take your next dose on your usual day: this means you have skipped a week and you will need to continue the medication for an **additional week**

OR



Same Day

Start your new weekly schedule on the day you remembered you forgot your medication i.e. if you were on a Sunday and only remembered Thursday, you can take it on Thursday and make Thursday your new day to take 3HP for the rest of the treatment



If you are unsure about when to take your medication, please ask your healthcare worker immediately

Who
SHOULD NOT
take 3HP?



Children less than 2 years old



Pregnant women or



Women who expect to become pregnant during treatment.

What do I need to know about side effects?



Rifapentine may cause your urine (pee), saliva, tears, or sweat to appear an orange-red colour.

This is normal

Isoniazid may cause tingling or numbness in hands and feet. Your doctor may give you Vitamin (B6) to prevent this.

3HP may interfere with a number of medications, including birth control medications. It is very important for your doctor/nurse to know what medicines you are taking. If you see another health care worker, tell them that you are being treated for latent TB infection.

Most people can take their **3HP** without any problems. But any medicine you take may cause problems. Please contact a health care provider if you have the following symptoms:

- Dizzy or lightheaded when sitting, standing, or lying down
- Less appetite, or no appetite for food
- Upset stomach, nausea, or vomiting
- Flu-like symptoms with or without fever
- Severe tiredness or weakness
- Fevers or chills
- Severe diarrhea or light coloured stools (poop)
- Skin or whites of your eyes appear yellow
- Skin rash or itching
- Bruises or red and purple spots on your skin that you cannot explain
- Pain or tingling in your hands, arms, or legs

Caution:

This medication may affect hormone based birth control (including birth control pills, rings, and injections).



During treatment, barrier forms of birth control (condoms or diaphragms) should be used to avoid pregnancy.



If you become pregnant or think you might be pregnant, tell the healthcare worker right away.

