



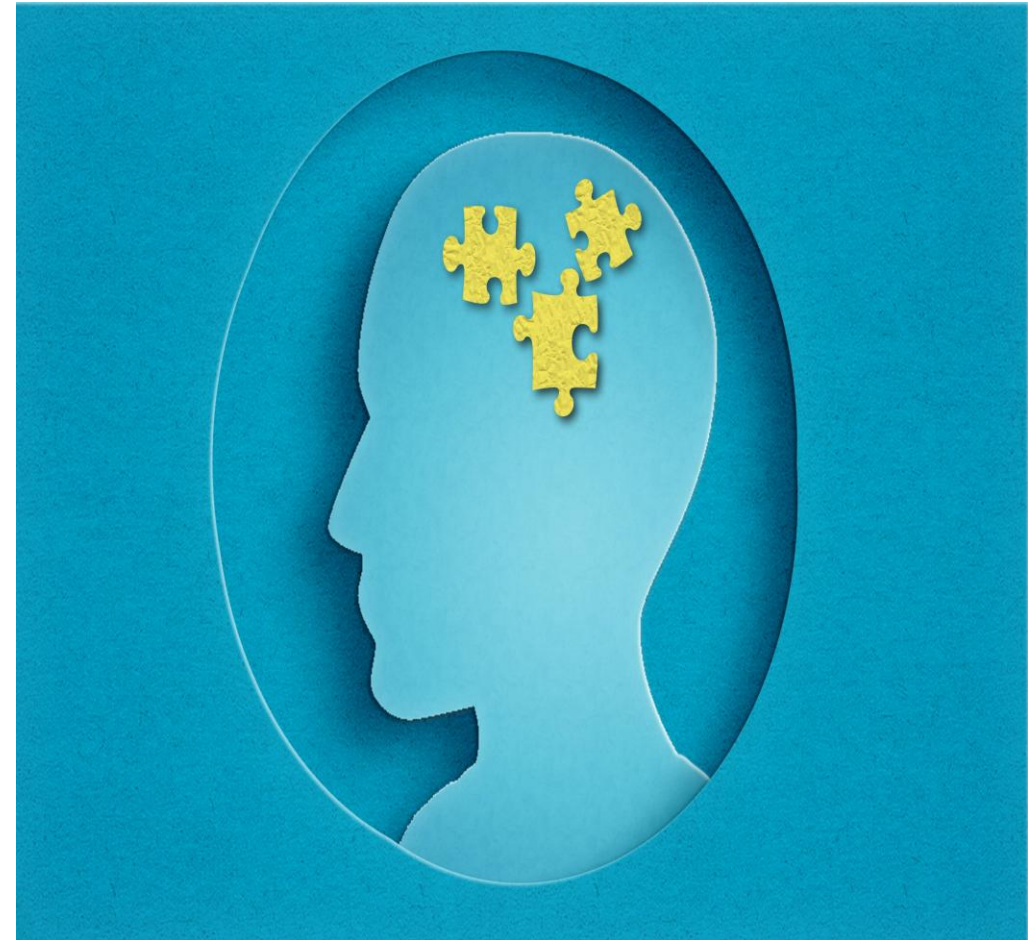
UK Health
Security
Agency

Tuberculosis (TB) – a brief introduction

Training for prison settings

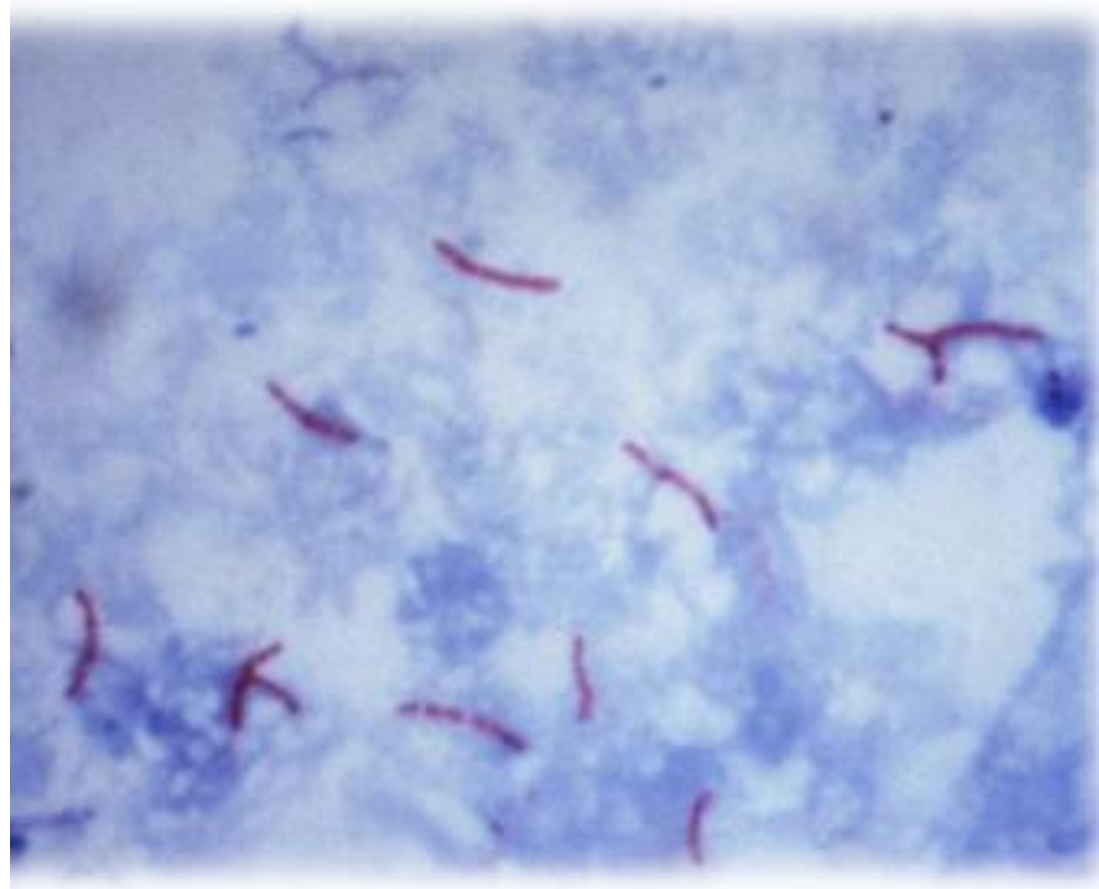
Aims of this presentation

- To understand what TB is
- To recognise the signs and symptoms of TB
- To understand the difference between active and latent TB
- To understand what happens when someone is diagnosed with TB
- To understand how you can protect yourself



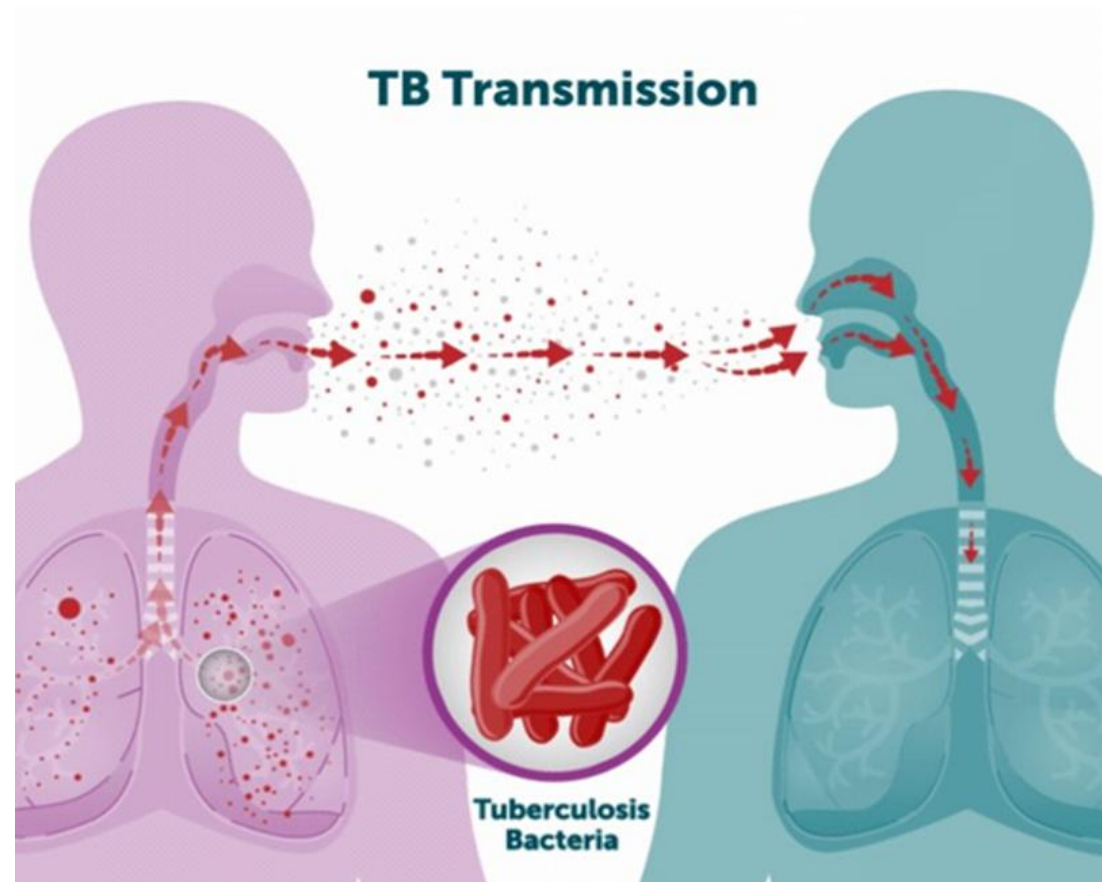
What is TB?

- TB is an infection caused by a bacteria called Mycobacterium Tuberculosis
- It is a serious condition, but **can be cured** with proper treatment
- It usually affects the lungs, but it can affect any part of the body (glands, bones, brain)
- Only TB of the lungs or voice box / throat is infectious



How is TB spread?

- TB is spread to others when a person with infectious TB coughs, talks, sings, laughs or sneezes by releasing small droplets containing the bacteria
- Anyone can get TB by breathing in the bacteria, but the risk of being infected is dependent on:
 - how infectious the person is
 - the environment
 - time spent with the individual
 - the health of the individual exposed



When you are exposed to TB

- immune system may destroy the infection

OR

- immune cells form a hard-shell walling off the infection, keeping the bacteria contained and under control – this is called **latent TB**

OR

- immune system fails to keep the bacteria under control, and it begins to multiply rapidly causing **active TB**

[The Truth About TB](#)



Clear



Latent TB

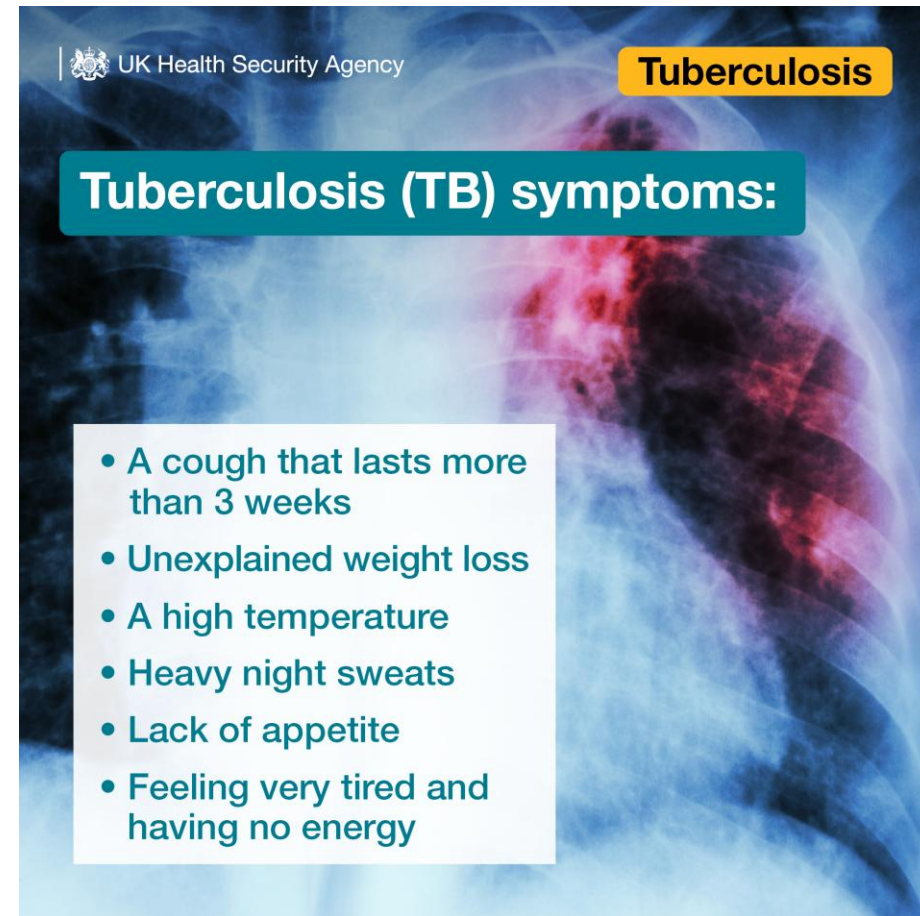


Active TB




What are the symptoms of active TB?

- A person could have some or all of these symptoms









What should I do if someone has these symptoms?

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Tuberculosis

Tuberculosis (TB) symptoms:

-  A cough that lasts more than 3 weeks
-  Unexplained weight loss
-  A high temperature
-  Heavy night sweats
-  Lack of appetite
-  Feeling very tired and having no energy



What is Active and Latent TB

Active TB

- Person may feel unwell
- The disease can be spread to others if it is in the lungs
- The individual may have abnormal chest x-ray or positive sputum sample
- The individual needs to have treatment for TB disease

Latent TB

- Person is well & has no symptoms
- The disease cannot be spread to others
- The individual has a normal chest x-ray
- The individual usually has a positive skin or blood test indicating previous exposure or infection
- The individual can be offered preventive treatment, but they do not have to take it

TB Treatment

Active TB treatment

- 4 antibiotics for 2 months followed by 2 antibiotics for 4 months
- Daily
- Usually non-infectious after a few weeks of treatment
- Completing the full course of treatment is the only way to cure TB.
- Failing to not take treatment as instructed can lead to resistance, re-infection and ongoing transmission to others

Latent TB treatment

- 2 antibiotics for 3 months
- OR
- 1 antibiotic for 6 months
 - Daily
 - Completing the full course of treatment will help prevent TB from become active
 - Treatment is encouraged but optional

What happens when a resident has TB?

- If TB is suspected the resident should be isolated in a single cell or may require hospitalisation
- Once a diagnosis of infectious TB is confirmed the prison healthcare team and the governors will work with the local health protection team to perform a risk assessment and decide who may have been exposed
- If it is required, then there will be a screening exercise (known as contact tracing) for the exposed staff and residents.



How can I protect myself?

Know the symptoms of TB and see a healthcare professional if you have them for more than 3 weeks

Wear the appropriate personal protective equipment (PPE) if you are looking after a resident with TB as advised by Healthcare and the local Health Protection Team

Attend screening appointments if they are offered / advised to you by Occupational Health or your Duty Governor

**If you have symptoms
of Tuberculosis (TB),
see your doctor**



Risk Factors for TB

- Born in a country with a high incidence of TB
- Recent exposure to a case of active TB
- Prison or history of imprisonment
- Homelessness or history of homelessness
- Drug and alcohol addiction
- Individuals who may have a weakened immune system

**Anyone can get Tuberculosis (TB)
but those most at risk are:**



Those who have had contact with a person with infectious TB



Those who have come to the UK from countries where TB is common



Those with weakened immune systems

TB facts

- TB can be caught by sharing crockery / utensils as an infected person – **False**
- People can die from TB – **True**
- TB can be caught by shaking someone's hand – **False**
- TB is treated with antibiotics – **True** (but specific antibiotics for TB)
- All TB is infectious – **False**
- TB can be caught by touching bed linen or toilet seats - **False**
- Only people born abroad have TB – **False**





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Thank you for listening

For more information see- [Home - The Truth About TB](#)