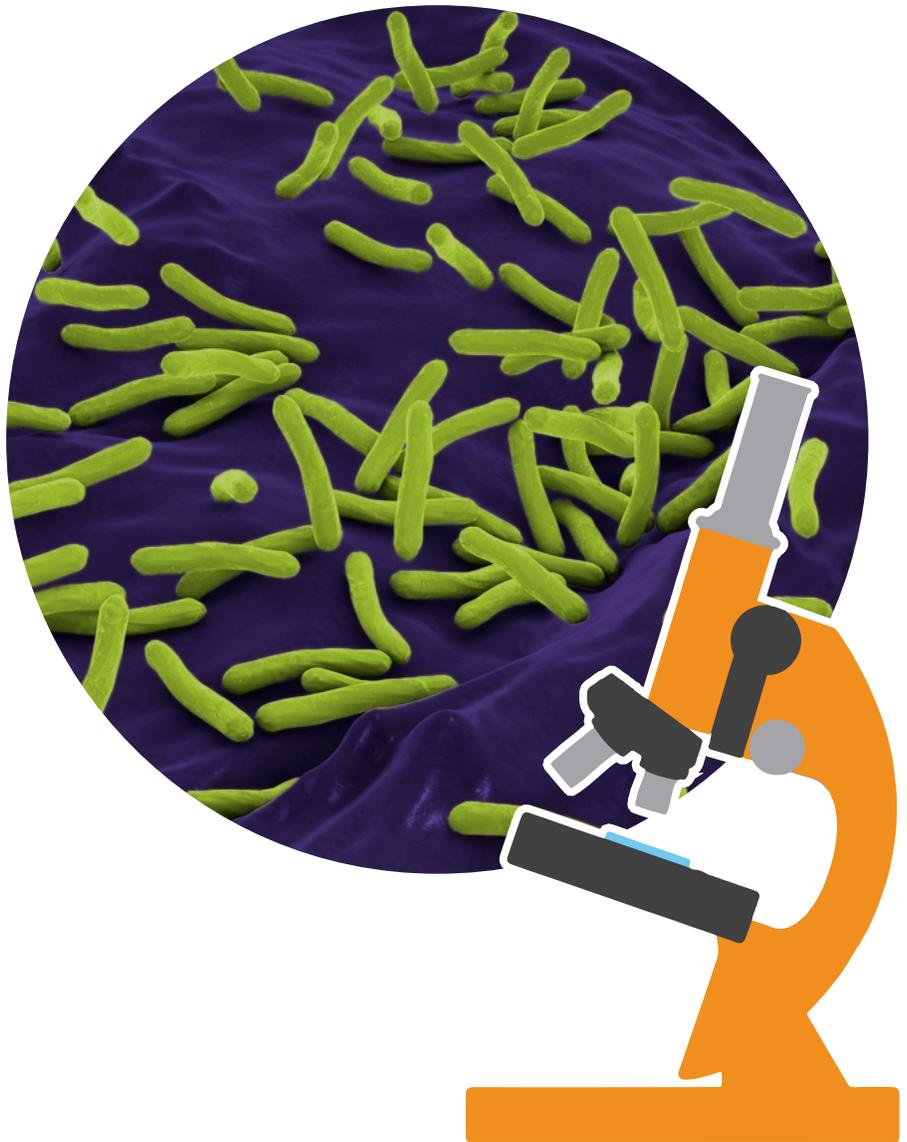


**I tested positive
for TB.
Now what?**



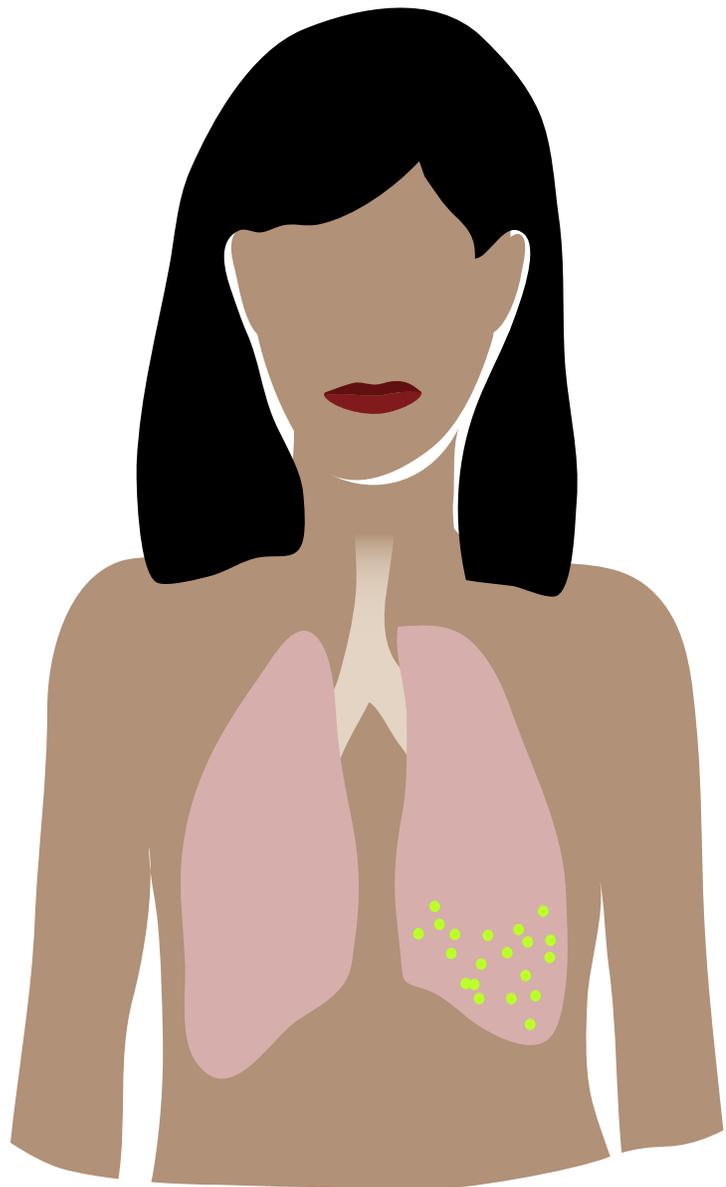
What is TB?

- TB (tuberculosis) is a germ. TB germs can make you very sick.
- If you get sick from TB, it usually hurts your lungs and makes it hard to breathe.
- If you don't take medicine, TB can kill you.
- TB can either be **active** or **inactive** (also called "sleeping" TB).



My TB test came back positive. What does this mean?

- This means you have TB germs in your body.
- Next you'll have some tests and an x-ray to find out more.



“Active TB” means...

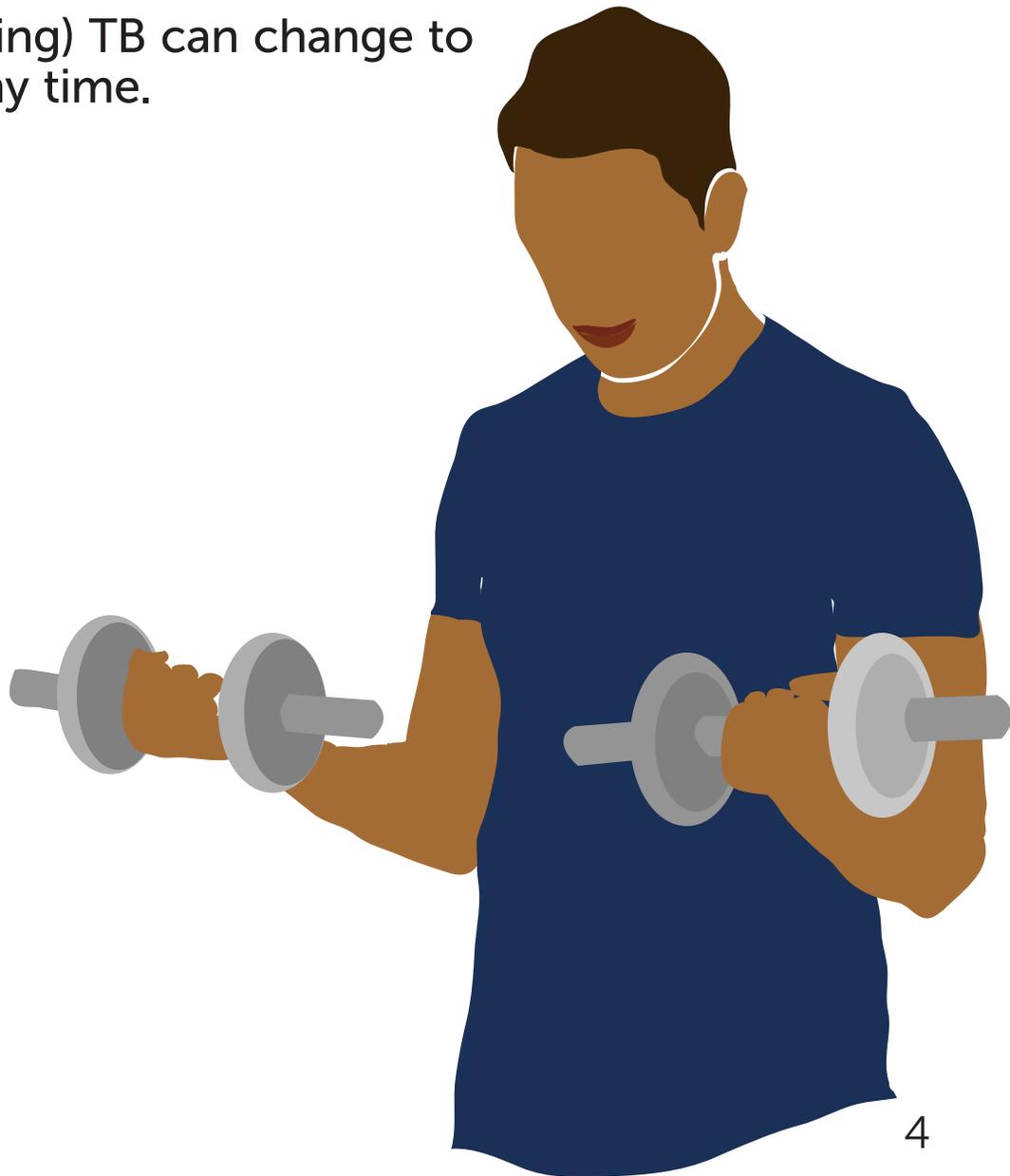
- You get sick and usually have a cough and fever that will not go away. You can also have night sweats and weight loss.
- You can spread TB to family and friends, and other people near you.
- If you don't take medicine, you will keep getting sicker.



“Inactive (sleeping) TB” means...

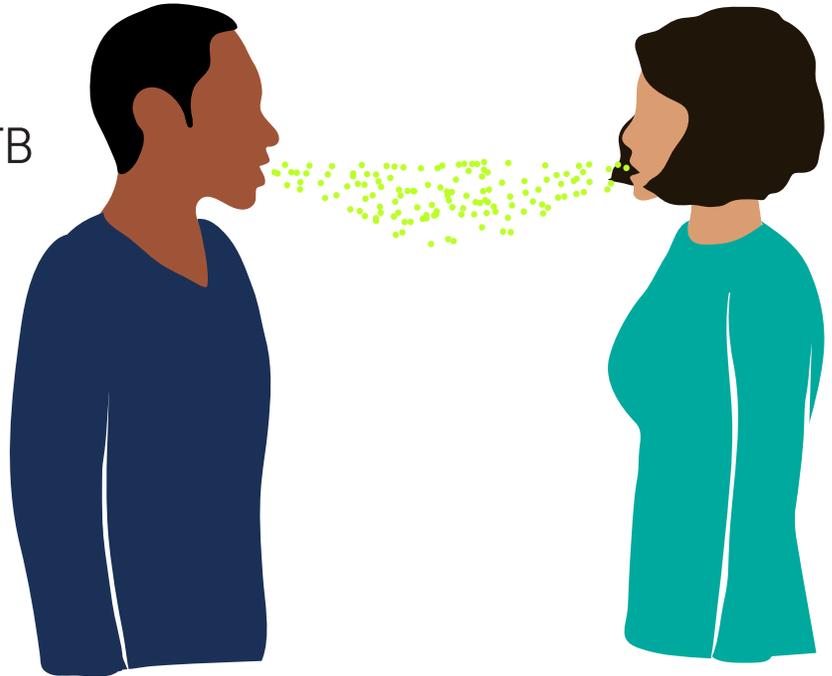
- You do not feel sick.
- You cannot spread the germs to your family, friends, or others near you.
- You can take medicine so that you won't get sick and won't spread the germs to anyone else.

Inactive (sleeping) TB can change to active TB at any time.



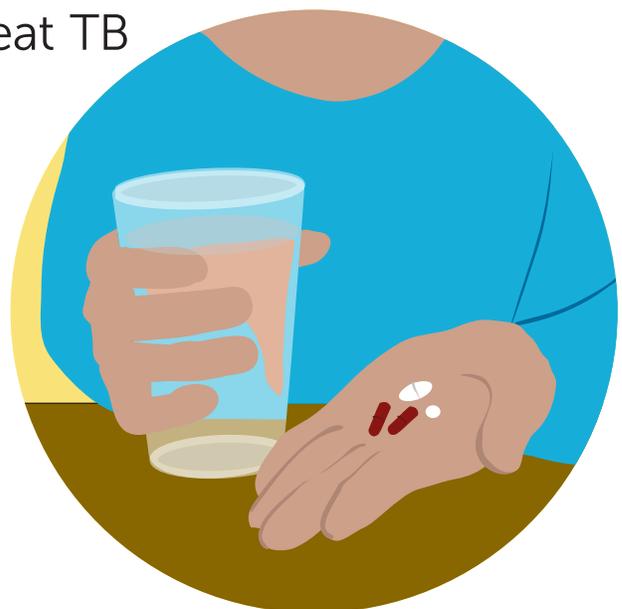
How did I get TB?

- Anyone can get tuberculosis-TB.
- You breathed in TB germs when you were near someone with active TB.



The good news is...

- There are medicines to treat TB before you get sick.



Why do I need to take medicine if I don't feel sick?

- It is much harder to treat TB when it is active.
- You may not feel sick right now, but TB can become active at any time and make you very sick.
- Taking medicine before you feel sick can help protect your family and friends from getting TB.





Anyone can get tuberculosis.

We Are TB is here for **YOU**.

Talk to someone who understands.

We Are TB volunteers have been where you are right now. We understand. We're here to support you during diagnosis and treatment, through your struggles, triumphs, and fears.

During and beyond treatment, members of **We Are TB** can serve as advocates, raising awareness about TB, and sharing their personal story to educate and reduce the stigma of TB.

Let's talk.

Visit the patient support page (www.wearetb.com/patient-support) to find out how. We Are TB is on Facebook, Instagram, and Twitter.



For more information about TB, go to www.cdc.gov/tb/default.htm



This guide was created by the California Tuberculosis Controllers Association. For more information, go to www.ctca.org