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<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Tuberculosis (TB) – reporting symptoms within the workplace

Information for staff

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **Patient Advice & Liaison Service (PALS)**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwp.nhs.uk

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What is TB?

Tuberculosis is an airborne disease that can affect any part of the body although only people with TB in the lungs (pulmonary TB) can spread the disease. They can cough up the bacteria and another person can breathe it in - a bit like in the same way a cold is caught, but not as easily.

Prolonged exposure to the infected individual must usually occur before an infection is likely to develop. This usually means you need to have very close, daily contact with someone who has the disease. Most people get it from a family member, friend, partner, or co-worker. You are not likely to get TB from someone coughing on the bus or at a restaurant. It is not spread by dishes, drinking glasses, sheets or mattresses.

Increased risk

Some people are more at risk than others of catching TB and include those:

- who have lived in the same household or been in **close and frequent** contact with someone with infectious TB.
- who have lived worked or stayed for a long time in a country with a high rate of TB such as south east Asia, sub-Saharan Africa and some countries in eastern Europe.
- living in unhealthy or overcrowded conditions, including those who are homeless or who are sleeping rough.
- who may have been exposed to TB in their youth.

- whose parents country of origin has a high rate of TB.
- who have been in prison.
- who are unable to fight off infection (immunocompromised) due to illness (e.g. HIV) or treatment.
- who are addicted to drugs or who misuse alcohol.
- who do not eat enough to stay healthy.

Signs and symptoms

TB is curable with appropriate antibiotic therapy however active TB is contagious. The most common signs and symptoms include the following although these symptoms are not exclusive to TB and may also be signs of other illnesses/conditions:

- Fatigue
- Fever
- Chills
- Night sweats
- Loss of appetite
- Unintended weight loss
- Cough lasting three or more weeks producing discoloured or bloody sputum
- Pain with coughing or breathing

Control and prevention

The best way to control TB in the UK is to diagnose and treat the infection as early as possible thus preventing others from becoming infected. Awareness is the best tool to aid early diagnosis therefore should you develop any of the above symptoms it is imperative that you inform your local occupational health department immediately.

Vaccination

There is a vaccine against TB called the BCG however it does not prevent TB in all cases. If you are unsure about your immunity status to TB, please contact your local occupational health nurse who can undertake the relevant testing if indicated and advise whether BCG vaccination is recommended.

Contact us

Your local occupational health teams can be contacted on the following numbers for further advice/guidance:

West: 01244 397676

East: 01625 505650

Wirral: 0151 604 7262