



## INFORMATION SHEET

### How to Act in Cases of Tuberculosis Disease

Tuberculosis is an infectious bacterial disease that is easy to treat. It is communicated by airborne droplets containing bacteria, that are spread by sufferers when coughing, sneezing or speaking and can be breathed in by other persons around them. **Please protect relatives and persons in your environment from infection by observing these general rules:**

- In your own interest, obey the instructions of the doctor responsible for your treatment and/or the Tuberculosis Investigation and Consulting Office (Tuberkulose- Untersuchungs- und Beratungsstelle). This will speed up your cure.
- The treatment for your disease involves taking several drugs (antibiotics) regularly for a long enough period (minimum 6 months). If you take antibiotics for too short a period or irregularly, you may prevent the treatment from succeeding and trigger the dreaded antibiotic resistance.
- Stay in regular contact with your Tuberculosis Consulting and Investigation Office and/or the doctor responsible for your treatment, and contact your doctor immediately if side-effects develop (e.g. loss of appetite, skin rash, nausea).
- Avoid drinking alcohol, since alcohol will impair the success of your treatment and the progress of your cure, and the liver is already under strain from the drugs used in treatment.

**In the first weeks of the disease, when you may still be able to infect other people, you must observe the following hygiene rules:**

- Hold a clean paper tissue in front of your mouth when coughing or sneezing.
- If you need to spit, do so into a paper tissue.
- Throw away paper tissues immediately after use.
- Use your own crockery and cutlery for all meals and beverages and wash them yourself in clean water. Do not allow others to wash their utensils in the same water.
- Avoid physical contact with children and elderly people, do not kiss them.
- Thoroughly ventilate the rooms you spend time in several times a day.

If you need to visit a doctor or hospital because of a different illness, please inform them in advance that you have tuberculosis disease and are receiving treatment.

**We wish you a rapid recovery and will be happy to answer any questions or problems you have at any time.**