

## INFORMATION SHEET FOR TUBERCULOSIS PATIENTS

Tuberculosis is an infectious disease, caused by bacteria. It is communicated by droplet infection. Pathogens are bound to the smallest of droplets and are emitted into the air when coughing, sneezing or even speaking, where they may be inhaled by other people. Since treatment takes longer than for most infectious diseases, and several medications have to be taken over at least six months, an obligatory examination has been established for anyone that may have been infected, as well as mandatory treatment of the disease for anyone determined to be a carrier.

### 1. Hazards for you and your environment associated with the disease:

To treat your infection you must take several medications (antibiotics) regularly and for a long enough period (at least 6 months). The insufficient or irregular intake of antibiotics can prevent healing and be the cause of a dreaded resistance, which means that there will only be a few medicines remaining for treatment, and some have rather unpleasant side effects.

### 2. Instructions and obligations for compliant behaviour:

Please observe the following principles to protect relatives and other persons in your environment from infection:

In the first weeks of the illness, as long as there is a risk of you being contagious, you must comply with the following hygienic measures:

- You must cover your mouth with a clean tissue handkerchief when coughing or sneezing.
- If you must eject saliva, please spit into a tissue handkerchief.
- Dispose of used tissue handkerchiefs immediately with other residual waste.
- Use your own designated dishes and eating and drinking utensils and also wash them yourself in clean water, separate from other dishes. This dishwater must not be used by anyone else. The water of a household dishwasher must have a temperature of at least 60°C (use the pots and pans program WITHOUT the energy saving mode).
- Avoid physical contact with children and the elderly; kissing is not permitted.

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- Try to air out the rooms, in which you reside, several times daily.
  - It is in your own best interest to observe the orders of your attending physician or of your tuberculosis examination and consultation centre. This will bring about a speedy recovery.
  - After your discharge, stay in constant contact with your tuberculosis examination and counselling centre or your treating physician, and make sure to notify them immediately in the event of adverse symptoms (e.g. lack of appetite, rash, nausea).
  - Avoid the consumption of alcohol, as alcohol may affect the success of your treatment, and your liver will already be stressed by the extra medications.
  - Should you have to seek the counsel of a doctor or hospital because of another illness or disease, please let them know that you suffer from tuberculosis and are currently in treatment.

### 3. **You are obligated to**

- consent to treatment
- surrender to all necessary examinations
- submit all requested information to the district's administrative authority
- follow the instructions given by the district authorities

Pursuant to Articles §§ 2, 6 para. 3 and 4 as well as 7 para. 1 and 3 of the TB-Act (Bundesgesetzblatt [Austrian Official Journal] 127/1968 in the respective currently valid versions)

### 4. **Should you not follow the instructions of the attending physician and authorities, the following consequences may arise:**

- Should a delay present a danger, the district administrative authority can admit you directly to a hospital. (Pursuant to Article § 20 of the TB-Act)
- The courts may order a detention with restriction of your personal freedom. (Pursuant to Articles §§ 14, 15 and 16 TB-Act).
- You may also be charged with intentionally endangering public health and safety (pursuant to Art. §178 StGB the Austrian Criminal Code).

**We wish you a speedy recovery and are available anytime for your support and any additional questions you may have.**