

KENT COUNTY HEALTH DEPARTMENT



HANDBOOK FOR THE CLIENT EXPOSED TO THE TB GERM

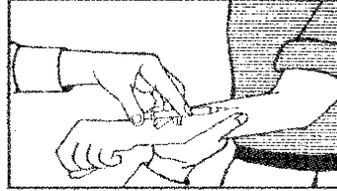
TB Clinic Appointment at the Annex Building:
Tuesday, _____

KCHD – Personal Health Services
TB Unit (616) 632-7190

TB Skin Test: What does it mean?

A TB skin test can show if you have TB germs in your body.

The TB skin test places a small amount of harmless tuberculin under the top layer of skin on your forearm. Two to three days later a nurse needs to feel your arm.

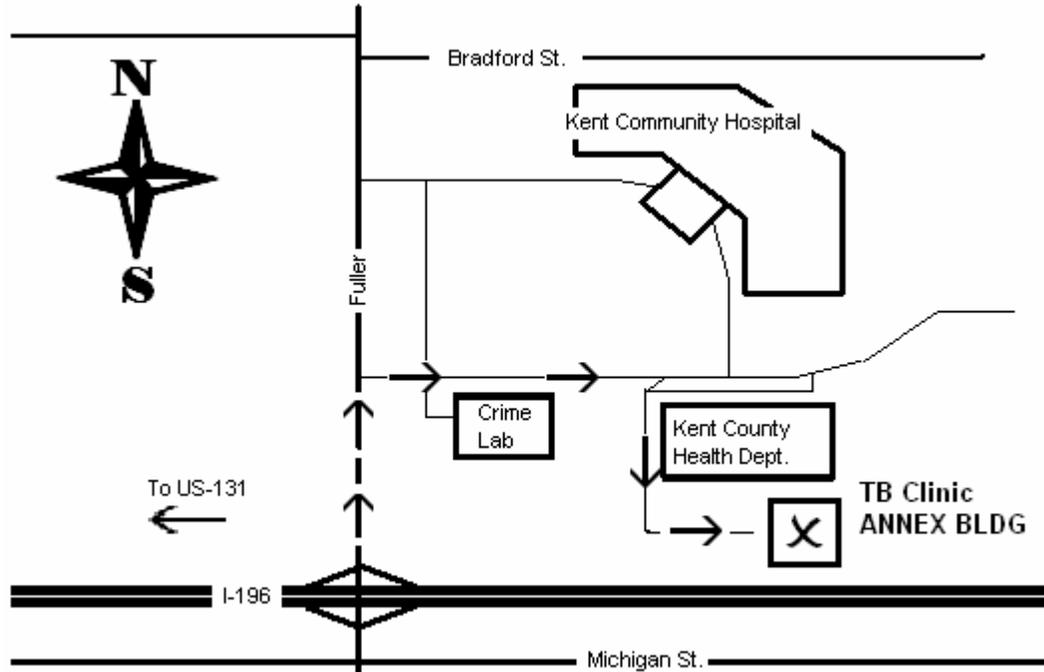


When someone has TB germs in their body, the test area will become swollen. This is a sign that TB germs are in the body, BUT does NOT mean the person has active TB disease.

Once a person has a positive TB skin test, then he/she should never have another TB skin test.

Someone who has TB germs in their body needs to see the doctor at the free TB Clinic. The Kent County Health Department (KCHD) TB staff will help you make this appointment. Please let the staff know if you need help with transportation or an interpreter.

Kent County Health Department
ANNEX BUILDING (TB Appointments)
700 Fuller Avenue, N.E.
Grand Rapids, MI 49503



Tuberculosis (TB) is a bacterial disease that can affect any part of the body. It usually affects the lungs.

TB germs may be coughed or sneezed into the air by someone who has **active tuberculosis disease**.

There is a difference between being **infected** with TB germs and having **active tuberculosis disease**:

- **Infected with TB germs:**

means someone has TB germs in their body, but is NOT sick.

This person cannot spread TB germs to others.

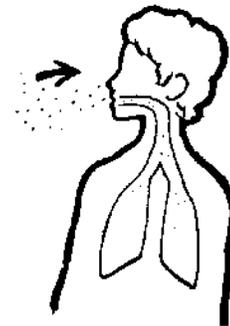
This person may need TB medicine to kill the TB germs before the TB germs ever make them sick.

- **Active Tuberculosis Disease:**

means someone has the TB germs in their body, and the germs are growing making this person very sick.

Common signs and symptoms of TB disease are:

- Cough (that lasts longer than two-three weeks)
- Coughing with mucous or blood production
- Always tired
- Weight loss for no reason
- Night sweats
- Chest pain or shortness of breath
- Fever
- Swollen glands
- Hoarseness



If you experience a cough that lasts longer than two weeks along with one or more of the listed symptoms, please call Personal Health Services TB Unit at (616) 632-7190.

*This person may be able to spread TB germs to others.

*This person needs TB medicines to kill the TB germs.

Can TB be cured? Almost all TB can be cured.

*It is especially important to follow the doctor's advice and take your medicine as prescribed.

What to expect at TB Clinic...

The TB Clinic is open on Tuesday afternoon and tries to see as many people as possible. Please plan on spending 60-90 minutes at the TB Clinic. There is no cost to the client to attend TB Clinic.

Nurses and doctors who have special training in TB will see you. The nurses and doctors welcome your questions and will take time to answer your questions.

The nurse will ask you some questions about your health history. All information is confidential.

What will happen at the TB Clinic?



- **Registration desk:** When you arrive for your appointment, please register at the front desk and provide a picture I.D. The clerk will get your paperwork organized to ensure that you are seen as quick as possible and the services are provided in a quality manner.
- **Chest x-ray:** A chest x-ray is needed for all new clients. Some clients have had a recent x-ray (within the last 30 days) at their doctor's office, and this may be brought to the TB clinic.
- **Height and weight is obtained by the nurse**
- **A TB specialist will meet with you for an assessment and consultation**
- **Education and follow-up:** A chance to meet with a TB staff person who will discuss your TB follow-up plan and help with any ordered lab work. Most clients will receive a TB health certificate signed by the doctor. This is an important medical record.
- **Pharmacy:** TB medicines are free. Most clients will leave with their first month of TB medicine.



***For you to consider... free confidential or anonymous HIV testing. HIV testing is optional, but is made available to all TB clients. It can be done at the same clinic visit by a State certified HIV counselor.**

We care about your good health!

- **Should family members be skin tested for TB?**

It depends. If you recently came in contact with the TB germ, it is suggested that your household members be tested. Clinic staff can give you a referral for a free TB skin test for each household member. Those people can then take the referral to KCHD's Immunizations Clinics for this service. The TB skin test can be given on Monday, Tuesday, Wednesday, or Friday. Remember those people will need to return in two to three days to have the skin test checked by a nurse.

- **How do I get more TB medicine?**

TB medicine refills are picked up at Kent County Health Department Personal Health Services. A nurse will meet with you and ask about any problems or concerns that you may have. Staff welcomes your questions.

The average visit time is 15 minutes.

**Personal Health Services – 1st Floor
Kent County Health Department
700 Fuller Avenue NE
Grand Rapids, Michigan 49503**

- **What do I tell other doctors I may see about my TB program?**

Show your health certificate to your doctor(s). Also tell if you are taking (or have taken) TB preventative medicine.

During your TB prevention therapy, it is also very important to tell the TB staff any new medications that you are taking or any new medical problems.

- **If you have any questions or concerns regarding your TB medicine or any part of the TB Program, please call Personal Health Services TB Unit at (616) 632-7190.**

- **Keep all TB medicine out of the reach of children!**

We care: Questions? Concerns?

Rev. 08/06