

# Traveller Information Sheets



## Tuberculosis TB

*What is Tuberculosis (TB)?*

TB is contagious and it is spread via the air droplets of an infected person. TB is preventable and can be cured with medication; however, there are problems with drug resistance.

*Are there different types of TB?*

Yes.

1. Active TB – where the infected person can ‘actively’ spread the infection to others, by coughing, sneezing or spitting on them.
2. Latent TB – where people have been infected with TB, but are not yet sick and cannot spread the infection.

*What are the symptoms of TB?*

- Cough
- Chest pains
- Lethargy
- Unexplained weight loss
- Fever
- Night sweats

Sometimes the diagnosis is delayed because the infection is slow to progress and people don’t realise just how sick they are.

*What is the treatment for TB?*

The treatment for TB is a variety of medications over a lengthy time. Some strains of TB are ‘resistant’ to some of the medications that are used. This is called ‘multi drug resistance’. There are other medications that can be used; unfortunately there is developing resistance to these medications as well. This is called ‘extensive drug resistance’.

*How common is TB for a holiday traveller?*

The total number of people becoming infected with TB is declining. The risk for a holiday traveller is thought to be low, but not zero!

*Reference*

World Health Organisation, 2014, Geneva Switzerland, viewed 17<sup>th</sup> April 2014, <<http://www.who.int/mediacentre/factsheets/fs104/en/>>