

What is Tuberculosis or TB?

TB is a disease spread through the air from one person to another. Anyone near a sick person who coughs, speaks or sneezes can breathe TB germs into their lungs.

TB germs can live in your body without making you or anyone else sick. This is called **latent TB infection** and means you have only inactive (sleeping) TB germs in your body. However, if these germs become active, you will get sick with TB disease and can spread the germs to other people around you. Taking given to you by your doctor/HCW can stop you from getting sick, or spreading TB germs to family, friends and others around you.

Treatment for Latent TB Infection

You have been given pills called isoniazid to treat your latent TB infection. You do not have TB disease and cannot spread TB to others. This medicine will help you prevent getting TB disease.

While on This Medicine:

- Tell your doctor or nurse if you have questions or concerns with the medicine.
- Go to your planned clinic visits.
- Discuss any alcohol use with your doctor. Alcohol use may cause side effects.
- Tell your doctor about all the medications you are taking.
- Be sure to tell your other doctors that you are being treated for latent TB infection.
- Take all of your medicine as the TB doctor or nurse instructed you to.
- Some people find that the medicine affects them less while taken with food.

Watch for These Possible Problems:

STOP taking your medicine right away and call your TB doctor or nurse if you have any of the following:

- Less or No Appetite for Food
- Upset stomach or stomach cramps
- Nausea or vomiting
- Brown urine or light stools
- Rash or itching
- Yellowing skin or eyes
- Tingling or numbness in your hands or feet

Tips to Help You Take Your Medicine:

- Take your medicine at the same time every day.
- Set an alarm reminder for the time you should take your medicine.
- Ask a family member or friend to remind you.
- Use a pillbox.
- Put a reminder note on your mirror or victory.
- Use a calendar to tick off the day when you take your medicine.

Medicine Schedule:

Take ___1___ pill each day (with breakfast or dinner) for the next six months.

IF You Forget to Take Your Medicine:

If it is still the same day, take your medicine as soon as you remember. If the day has passed, skip the missed medicine dose and take your next scheduled medicine. DO NOT take two doses at the same time.