

Tuberculosis (TB)

TB is a disease caused by germs called bacteria that most often affect the lungs. You can be infected with TB when you breathe in the germs. You are at a higher risk to get TB if you have a weak immune system. This system can be weakened by poor diet, illness, medicines, or other causes.

Signs

People with TB may have some or all of these signs:

- Cough
- Fever
- Weight loss
- Coughing up blood
- Feeling weak and tired
- Chest pain

Testing

A skin test will be done to see if you are infected. A positive test means that you have been infected by the germ. Your doctor will do a chest x-ray and sputum tests to see if you have TB. Your family members and others living with you will also be skin tested.

A negative test often means that you are not infected. The skin test may not react if you have a weak immune system. Your doctor may check for TB if your skin test is negative, but you still have signs.

肺结核(TB)

肺结核是由一种最常影响肺脏、称之为细菌的微生物引起。当您呼吸进细菌时，您可能会感染肺结核。如果您的免疫系统较弱，您有罹患肺结核的高风险。免疫系统可因不良饮食、疾病、药物或其他因素而变弱。

症状

肺结核患者可能有部分或所有下列症状：

- 咳嗽
- 发烧
- 体重减轻
- 咳血
- 感到虚弱和疲累
- 胸痛

测试

将做一次皮肤测试以检查您是否被感染。测试阳性表示您已被细菌感染。您的医生将做一次胸部 x 光透视和痰液测试以检查您是否有肺结核。您的家人及和您一起生活的其他人也将做皮肤测试。

测试阴性经常表示您未受感染。如果您的免疫系统较弱，皮肤测试可能会不起反应。如果您的皮肤测试为阴性，但您有症状，您的医生仍可能为您做肺结核检查。

Your Care

If you have a positive skin test or have TB, you will be started on medicines.

- Take your medicines as directed. Take your medicines at the same time each day and do not stop taking them. You may have to take your medicines for 6-24 months. If you do not take your medicines, your TB may return and be harder to treat. You may also infect others if you do not take all of your medicines.
- Do not drink alcohol while on these medicines because the alcohol may cause liver problems.
- One of the medicines used to treat TB also may turn your urine and other body fluids orange.

If you are sick enough that you need to be in the hospital:

- You may be on respiratory isolation. This prevents others from getting TB.
- You will be isolated until you have been on TB medicines for 2-3 weeks or until your sputum is not infected.
- Anyone who comes into your room will wear a mask.
- The door to your room will be closed.
- You will need to wear a mask when you are out of your room.

If you have a positive skin test or have TB:

- Cover your mouth when you cough, sneeze or laugh. Then, wash your hands.
- Wash your hands before meals.
- Eat 3 meals and drink 6-8 glasses of liquids each day.
- Go to all doctor appointments.

您的医疗

如果您的皮肤测试为阳性或您有肺结核，您将开始用药。

- 请按医嘱服药。每天请在同一时间服药并不要停药。您可能必须服药达 6-24 个月。如果您不服药，您的肺结核可能会复发并会更加难治。如果您不服完所有药，您也可能传染其他人。
- 用药期间请不要喝酒，因为酒可能会引起肝病。
- 治疗肺结核的一种药也可能使您的尿液和其他体液变成橘黄色。

如果您病得很重而住院：

- 可能会对您进行呼吸隔离。这样可防止其他人被传染肺结核。
- 直到您已用肺结核药物达 2-3 个周或您的痰液不再感染时您才会被停止隔离。
- 任何人进入您的房间都要戴口罩。
- 您房间的门将保持关闭。
- 您出房间时需戴口罩。

如果您的皮肤测试为阳性或您有肺结核：

- 当您咳嗽打喷嚏或笑的时候，请掩上您的嘴。然后请洗手。
- 餐前请洗手。
- 每日吃 3 餐并饮 6-8 杯液体。
- 赴所有医生的约诊。

Call your doctor **right away** if you:

- Have a worse cough.
- Cough up blood.
- Have trouble breathing.
- Lose weight even when you are eating a good diet.
- Have fevers or night sweats.
- Have brown urine or gray stools.
- Have yellow skin or yellow eyes.

Talk to your doctor or nurse if you have any questions or concerns.

如有下列症状，请立刻打电话给您的医生：

- 咳嗽加剧。
- 咳血。
- 呼吸困难。
- 您的饮食良好而体重却减轻。
- 发烧或夜间盗汗。
- 尿液呈褐色或大便呈灰色。
- 皮肤或眼睛发黄。

如有任何疑问或关注事宜，请告知你的医生或护士。

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Tuberculosis. Simplified Chinese