

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

There are two types of TB infection, latent or active. Latent infection is when you may have no signs of TB. The bacteria are in your body, but they are not active. Active TB is when people have signs of the bacteria, such as:

- Cough that lasts more than 3 weeks or won't go away
- Fever
- Weight loss or loss of appetite
- Feeling weak and tired
- Chest pain
- Night sweats

Testing

A skin test will be done to see if you are infected. A positive test means that you have been infected. If your test is positive, your doctor may also use a blood test, 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，您罹患肺结核的风险就较高。免疫系统可因不良饮食、疾病、药物或其他原因而变弱。

症状

TB 感染分两种：潜伏型或活跃型。如果是潜伏型感染，您可能没有任何 TB 症状。细菌在您的体内，但是它们并不活跃。如果是活跃型 TB 感染，则表现为明显的感染症状，例如：

- 咳嗽持续长达 3 周以上且无好转
- 发烧
- 体重下降或食欲减退
- 感到虚弱和疲累
- 胸痛
- 盗汗

测试

将做一次皮肤测试，检查您是否被感染。测试阳性表示您已被细菌感染。如果测试呈阳性，医生可能也会为您进行血液测试、胸部 x 光检查和痰液化验，以确定您是否感染了 TB。您的家人及和您一起生活的其他人也将进行皮肤测试。

测试阴性通常表示您未受感染。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. You may need more than one type of medicine for TB. Some bacteria are resistant to some antibiotics. You need to take all of your medicines and not stop taking them, even if you feel better. You may have to take your medicines for 6 to 24 months. Stopping medicines early can cause the spread of TB to others.
- To protect others who do not have TB, cover your mouth when you cough, sneeze or laugh. Then, wash your hands. Always wash your hands before and after meals.
- To keep your body strong, eat 3 meals and drink 6 to 8 glasses of fluid each day.
- Go to all doctor appointments.

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 to 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.

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.

诊治

如果您的皮肤测试为阳性或您患有肺结核，您将开始用药。

- 请按医嘱服药。您可能需要服用一种以上治疗 TB 的药物。一些细菌对一些抗生素有抗药性。您需要按时服用所有药物，中途不可停止，即便您已感觉有所好转。您可能必须服药 6 至 24 个月。过早停止服药可能导致 TB 传播至他人。
- 为了保护他人不受感染，请在咳嗽、打喷嚏或大笑时捂住嘴。然后洗手。用餐前后一定要洗手。
- 为了保持身体健康，每天用 3 餐，喝 6 至 8 杯水。
- 赴所有医生的约诊。

如果您的病情严重，需要住院：

- 可能会对您进行呼吸隔离。以防止将肺结核传染给其他人。
- 直到您已用肺结核药物达 2 至 3 周，或您的痰液不再感染时，才停止隔离。
- 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。

如果您有以下情况，请立刻致电医生：

- 咳嗽加剧。
- 咳血。
- 呼吸困难。
- 您的饮食良好而体重却减轻。
- 发烧或盗汗。

- 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.

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- 尿液呈褐色或大便呈灰色。
- 皮肤或眼睛发黄。

如果您有任何疑问或关注，请与您的医生或护士讨论。

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Tuberculosis (TB). Simplified Chinese.