

# 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.

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Ang TB ay isang sakit na sanhi ng mga mikrobyo na tinatawag na bakterya na kadalasang naapektuhan ang baga. Maaari kang mahawahan ng TB kapag nakalanhap ka ng mga mikrobyo. Mas mataas ang iyong peligro na makakuha ng TB kung mayroon kang mahinang immune system. Ang system na ito ay maaaring mapahina ng hindi mabuting diyeta, sakit, mga gamot o ibang sanhi.

## Mga senyales

May dalawang uri ng pagkahawa ng TB, nakatago o aktibo. Ang nakatagong pagkahawa ay kapag wala ka ng mga senyales ng TB. Ang bakterya ay nasa iyong dugo, ngunit hindi sila aktibo. Ang aktibong TB ay kapag may mga senyales ng bakterya ang mga tao, tulad ng:

- Ubo na tumatagal nang higit sa 3 linggo o hindi maalis
- Lagnat
- Pagbaba ng timbang o kawalan ng gana
- Nanghihina at napapagod
- Paninikip ng dibdib
- Pagpapawis sa gabi

## Pagsusuri

Isasagawa ang pagsusuri sa balat para malaman kung ikaw nahawahan. Ang positibong pagsusuri ay nangangahulugan na ikaw ay nahawahan. Kung positibo ang iyong pagsusuri, maaari rin gumamit ang iyong doktor ng pagsusuri ng dugo, chest x-ray at mga pagsusuri ng plema para malaman kung mayroon kang TB. Ang mga miyembro ng iyong pamilya at ibang naninirahan sa iyo ay susuriin din ang balat.

Ang negatibong pagsusuri ay kadalasang nangangahulugan na hindi ka nahawahan. Ang pagsusuri sa balat ay maaaring hindi umepekto kung mahina ang iyong immune system. Maaaring magsuri ang iyong doktor para sa TB kung negatibo ang iyong pagsusuri sa balat, ngunit mayroon ka pa ring mga senyales.

## **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.

## Ang iyong Pangangalaga

Kung mayroon kang positibong pagsusuri sa balat o may TB, pasisimulan ka sa mga gamot.

- Inumin ang iyong mga gamot tulad ng inutos. Maaaring kailanganin mo nang higit sa isang uri ng gamot para sa TB. Ang ilang bakterya ay lumalaban sa ilang antibiotic. Kailangan mong inumin lahat ng iyong gamot at huwag ititigil ang pag-inom sa mga iyon, kahit na gumanda ang iyong pakiramdam. Maaaring kailangan mong inumin ang iyong mga gamot nang 6 hanggang 24 na buwan. Ang maagang pagtigil sa mga gamot ay maaaring magsanhi ng pagkalat ng TB sa iba.
- Para maprotektahan ang iba na walang TB, takpan ang iyong bibig kapag uubo ka, babahing o tatawa. Pagkatapos ay, hugasan ang iyong mga kamay. Palaging hugasan ang iyong mga kamay bago at pagkatapos kumain.
- Para panatilihin malakas ang iyong katawan, kumain ng 3 beses at uminom nang 6 hanggang 8 baso ng likido araw-araw.
- Pumunta sa lahat ng appointment sa doktor.

Kung sapat na may sakit ka na kailangan mong maospital:

- Maaaring mapunta ka sa respiratory isolation. Mapipigilan nito ang iba na makakuha ng TB.
- Ibubukod ka hanggang sa mapailalim ka sa mga gamot ng TB nang 2 hanggang 3 linggo o hanggang sa hindi nahawahan ang iyong plema.
- Ang sinuman na papasok sa iyong silid ay magsusuot ng takip sa mukha.
- Ang pintuan sa iyong silid ay isasara.
- Kakailanganin mong magsuot ng takip sa mukha kapag nasa labas ka ng iyong silid.

## Tawagan kaagad ang iyong doktor kung ikaw ay:

- Mayroong malalang ubo.
- Umuubo nang may dugo.
- Nahihirapang huminga.

- 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.**

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- Nababawasan ng timbang kahit na kapag kumakain ka ayon sa magandang diyeta.
- May lagnat o mga pagpapawis sa gabi.
- May kulay-kapeng ihi o abuhing dumi.
- May dilaw na balat o dilaw na mga mata.

**Makipag-usap sa iyong doktor o nurse kung mayroon kang anumang katanungan o mga alalahanin.**

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Tuberculosis (TB). Tagalog.