

Understanding tuberculosis

1. What is tuberculosis?

Tuberculosis is a chronic infectious disease infected by tuberculosis bacteria. It is mainly transmitted by droplet inhalation. Tuberculosis bacteria can enter any part of the human body, and it is common to invade the lungs. At present, tuberculosis is treated with tuberculosis drugs. After a treatment period of at least 6 months or more, it can be completely cured.

2. What **symptoms** will appear:

There are no special symptoms at the beginning of the onset, and there may only be **fatigue, loss of appetite, weight loss, afternoon fever, night sweats, sputum or hemoptysis.**

3. Prevention measures:

Patients with **confirmed pulmonary tuberculosis** should be treated with anti-tuberculosis drugs immediately and **wear masks** to prevent droplet infection.

4. Precautions for health education related to tuberculosis:

- Nutrition

Tuberculosis patients may experience loss of appetite due to disease and drug reactions. If necessary, they can take small, frequent meals and high-calorie foods. It is recommended that tuberculosis patients, family members and friends take a shared meal box. When you have symptoms of hemoptysis, you need to add iron in an appropriate amount, such as: eat more raisins, fungus, dates, stone fruits, etc., if necessary, you can supplement with animal liver, choose foods rich in calcium, such as: milk, dairy products, sardines, salmon, dried shrimp.

- Activities:

A. **Before the quarantine is lifted, except for medical needs, it is stipulated that no public places are allowed.** The **sputum test is negative** and the **doctor judges** the symptoms to be lifted.

B. **Tuberculosis patients who have been released** from isolation must **wear a mask when entering campus and class.** Those who live in a school will move to a single dormitory (only when the sputum test turns negative can they move out of the single dormitory).

C. Moderate exercise, normal work and rest, except for a few particularly serious patients, you can do moderate exercise as usual.

D. It is recommended that patients quit smoking, because smoking can easily irritate the trachea, cause coughing, and affect the treatment effect, which is not suitable for patients.

E. Co-residents and contacts of cases in accordance with the epidemic prevention regulations should accept inspections arranged by local health authority or go to the thoracic department of hospitals to receive chest X-rays.

F. Patients with open tuberculosis traveling abroad must wait until the sputum test is negative and the quarantine is lifted by the Disease Control Bureau before going abroad.

G. Tuberculosis is transmitted by **droplets**. When **sneezing or coughing, the patient needs to cover his mouth and nose or wear a surgical mask** to avoid transmission to healthy people. It is recommended that the patient's quilt and bed sheets be cleaned frequently and exposed to the sun. The home environment should be kept unobstructed. When coughing, cover the nose and mouth with **toilet paper**. Wrap the sputum with toilet paper and **discard it in a covered trash can. Wash hands immediately.**

5. Drugs:

A. Tuberculosis patients are treated with standard six-month short-term medication. If the medication can be taken as prescribed, the cure rate in the six-month period can reach more than 95%.

B. Anti-tuberculosis drugs need to be used in combination to reduce the development of drug resistance. (For example: the standard six-month course of treatment).

C. It is **normal** for **urine, sweat, tears, secretions, etc. to appear orange-red** after using the drug. This is caused by the pigment of the drug and will disappear after stopping the drug.

D. If you have **dark urine or jaundice throughout the day**, please return to the clinic immediately. Follow the doctor's instructions to take the medicine. Do not discontinue the medicine privately or reduce the dose if you feel that your symptoms are relieved or your condition improves. Otherwise, resistance or recurrence may occur. It takes more time to treat. If you notice changes in **vision or hearing loss** after taking the medicine, please **Seek medical attention immediately.**

6. Regulations:

Pursuant to Article 48 Paragraph 1 of the "Communicable Diseases Control Act", the competent authority may detain persons who have been in contact with infectious disease patients or suspected of being infected; if necessary, **they may order to move into designated places for inspection, implement necessary measures such as vaccination, drug administration, designated specific areas for control or isolation.** In addition to the mandatory sanctions, **offenders may also be fined from NT\$60,000 to NT\$300,000.** In order to maintain your own health, please cooperate with the local health authority in conducting contact inspections.