



Active Tuberculosis

Disease Fact Sheet

Active Tuberculosis	Kaabmob Ntsws Ua Ub Ua Nua	Kabmob Ntsws Ua Ub Ua No
<i>English/Aakiv</i>	<i>Green Mong/Moobleeg</i>	<i>White Hmong/Hmoobdawb</i>
<p>Tuberculosis (TB) is a disease caused by germs called <i>Mycobacterium tuberculosis</i> bacteria. It most often affects the lungs, but may also affect the bones, skin, kidneys, lymph nodes and other body parts. If not treated properly, TB disease can be fatal.</p>	<p>Kaabmob ntsws (TB) yog ib yaam mob kws muaj kaabmob hu ua <i>Mycobacterium tuberculosis</i> bacteria. Feem ntau yog lug raug rua lub ntsws, tabsis kuj lug raug rua cov pobtxhaa, dlaim tawv nqaj, ob lub raum, cov qug hab lwm qhov chaw ntawm lub cev. Yog tsi khu, tug kaabmob ntsws TB yuav ua rua yug tuag taug.</p>	<p>Kabmob ntsws (TB) yog ib yam mob uas muaj kabmob hu ua <i>Mycobacterium tuberculosis</i> bacteria. Feem ntau yog los raug rau lub ntsws, tiamsis kuj los raug rau cov pobtxha, daim tawv nqaj, ob lub raum, cov qog thiab lwm qhov chaw ntawm lub cev. Yog tsis kho, tus kabmob ntsws TB yuav ua rau yus tuag taus.</p>
<p>How TB Spreads</p>	<p>Kaabmob TB Kis Lecaag</p>	<p>Kabmob TB Kis Licas</p>
<p>Anyone can become infected with TB following exposure. TB is spread through the air from one person to another. The TB germs are put into the air when someone with TB disease of the lungs coughs, sneezes, speaks or sings. People nearby may breathe in these germs and become infected. You cannot get TB from shaking hands, sharing food or drinks, sharing toothbrushes or kissing.</p> <p>Not everyone infected with TB germs becomes sick. As a result, two TB-related conditions exist: TB Infection and TB Disease.</p>	<p>Txhua tug tuabneeg yeej muaj feem tau kaabmob ntsws TB tom qaab kws nyob ze tug kws muaj mob. Kaabmob ntsws TB kis tau lug ntawm tej paa kws ua lug ntawm ib tug tuabneeg. Cov kaabmob ntsws TB muaj nyob rua tej fuab cua thaus tug tuabneeg muaj tug kaabmob TB nyob rua huv nwg lub ntsws nqu, txhaam, has lug, losyog hu nkauj. Cov tuabneeg nyob ze yuav nqug tau tej fuab cua muaj tug kaabmob nuav ces yuav ua rua puab muaj mob tau. Koj yuav kis tsi tau tug kaabmob ntsws TB lug ntawm kev tuav lwmtug txhais teg, koom noj zaub mov losyog haus dlej, kov tej ntaub xuv losgyog lub rooj nyob huv tsevdlej, lossis koom tug txhuam nav, losyog sib nwj.</p> <p>Tsi yog tas txhua tug kws raug tug kaabmob ntsws TB yuav muaj mob. Vim le ntawd, ob hom kaabmob ntsws TB txhaj tshwmsim: tug kaabmob ntsws TB <i>Infection</i> hab tug kaabmob ntsws TB <i>Disease</i>.</p>	<p>Txhua tus neeg yeej muaj feem tau kabmob ntsws TB tom qab uas nyobze tus uas muaj mob. Kabmob ntsws TB kis tau los ntawm tej pa uas ua los ntawm ib tus neeg. Cov kabmob ntsws TB muaj nyob rau tej huab cua thaum tus neeg muaj tus kabmob TB nyob rau hauv nws lub ntsws hnoos, txham, hais lus, losyog hu nkauj. Cov neeg nyob ze yuav nqus tau tej huab cua muaj tus kabmob no ces yuav ua rau lawv muaj mob tau. Koj yuav kis tsis tau tus kabmob ntsws TB los ntawm kev tuav lwmtus txhais tes, koom noj zaub mov losyog haus dej, kov tej ntaub xov losgyog lub rooj zaum hauv tsevdej, lossis koom tus txhuam hniav, losyog sib nwj.</p> <p>Tsis yog tias txhua tus uas raug tus kabmob ntsws TB yuav muaj mob. Vim li ntawd, ob hom kabmob ntsws TB thiaj tshwmsim: tus kabmob ntsws TB <i>Infection</i> thiab tus kabmob ntsws TB <i>Disease</i>.</p>

English/Aakiv	Green Mong/Moobleeg	White Hmong/Hmoobdawb
<p>TB Infection: Infection with TB means the person has TB germs in their body without making them sick. These germs are asleep and usually the person’s immune system is able to fight these germs to stop them from growing. People with latent TB infection do not feel sick. People with latent TB infection cannot spread TB germs to others. However, if the TB germs become active in the body and start to grow, then the person will go from having latent TB infection to being sick with TB disease.</p>	<p>Tug kaabmob ntsws TB Infection: Thaus muaj tug kaabmob ntsws TB <i>Infection</i> txhais tau tas tug tuabneeg muaj cov kaab nyob rua huv nwg lub cev tabsis tsi ua rua nwg muaj mob. Cov kaab nuav “tsaug zug lawm” hab feem ntau tug tuabneeg cov cuabyeej nrogcev tawmtsam kuas cov kaab xob luj tuaj. Cov tuabneeg kws muaj tug kaabmob ntsws TB <i>infection</i> nuav yeej tsi nov mob le. Cov tuabneeg nuav kis tsi tau cov kaab nuav rua lwmtug. Tabsis, yog tas thaus cov kaab nuav sawv lawm hab pib luj tuaj lawm, tug tuabneeg tug kaabmob ntsws TB <i>infection</i> yuav dlhau moog ua tug kaabmob ntsws TB <i>disease</i> kws yuav ua mob.</p>	<p>Tus kabmob ntsws TB Infection: Thaum muaj tus kabmob ntsws TB <i>Infection</i> txhais tau tias tus neeg muaj cov kab nyob rau hauv nws lub cev tiamsis tsis ua rau nws muaj mob. Cov kab no “tsaug zog lawm” thiab feem ntau tus neeg cov cuabyeej nrogcev tawmtsam kom cov kab txhob loj tuaj. Cov neeg uas muaj tus kabmob ntsws TB infection no yeej tsis hnov mob li. Cov neeg no kis tsis tau cov kab no rau lwmtus. Tiamsis, yog tias thaum cov kab no sawv lawm thiab pib loj tuaj lawm, tus neeg tus kabmob ntsws TB <i>infection</i> yuav dhau mus ua tug kaabmob ntsws TB <i>disease</i> uas yuav ua mob.</p>
<p>TB Disease: TB disease means the TB germs have become active because the immune system cannot stop them from growing. A person with TB disease has active TB germs AND signs and symptoms of illness. People with TB disease of the lungs or throat may be able to spread the TB germs to people they spend time with every day. People with TB in other parts of their body (i.e., bones, skin, lymph nodes, etc.) are not infectious.</p>	<p>Tug kaabmob ntsws TB disease: thaus muaj tug kaabmob ntsws TB <i>disease</i> txhais tas cov kaab sawv lawm vim tas cov cuabyeej nrogcev txwv tsi tau kuas xob luj tuaj. Tug tuabneeg kws muaj tug kaabmob ntsws TB <i>disease</i> nuav muaj cov kaab kws ua ub ua nua HAB muaj cim qha hab muaj mob kws yog lug ntawm tug kaabmob nuav. Cov tuabneeg kws muaj tug kaabmob ntsws TB <i>disease</i> kws yog mob rua lub ntsws losyog lub qaa yuav kis tau rua lwmtug kws puab siv sijhawm nrug txhua nub. Cov tuabneeg kws muaj tug kaabmob ntsws TB tabsis yog mob rua lwm qhov chaw ntawm lub cev xwsle cov pobtxhaa, dlaim tawv nqaj, cov qug, yuav kis tsi tau rua lwmtug.</p>	<p>Tus kabmob ntsws TB disease: thaum muaj tus kabmob ntsws Tb <i>disease</i> txhais tias cov kab sawv lawm vim tias cov cuabyeej nrogcev txwv tsis tau kom txhob loj tuaj. Tus neeg uas muaj tus kabmob ntsws TB <i>disease</i> no muaj cov kab uas ua ub ua no THIAB muaj cim qhia thiab muaj mob uas yog los ntawm tus kabmob no. Cov neeg uas muaj tus kabmob ntsws TB <i>disease</i> uas yog mob rau lub ntsws losyog lub qa yuav kis tau rau lwmtus uas lawv siv sijhawm nrog txhua hnuv. Cov neeg uas muaj tus kabmob ntsws TB tiamsis yog mob rau lwm qhov chaw ntawm lub cev xwsli cov pobtxha, daim tawv nqaj, cov qog, yuav kis tsis tau rau lwmtus.</p>
<p>Testing for TB Disease</p> <p>To test for TB disease, the following tests may be done:</p> <ul style="list-style-type: none"> • The Tuberculin Skin Test (Mantoux test) shows if a person is likely to have been infected. • A blood test shows if a person is likely to have been infected. • A chest x-ray shows whether the TB germs have hurt the lungs. • Sputum tests show if TB 	<p>Kev Kuaj Rua Tug Kaabmob ntsws TB</p> <p>Kev kuaj rua tug kaabmob ntsws TB <i>disease</i>, cov nraaq qaab nuav yog tej kev kuaj kws tej zag yuav tau ua:</p> <ul style="list-style-type: none"> • Kuaj ntawm dlaim tawv nqaj (<i>Mantoux test</i>) yuav qha seb tug tuabneeg puas xwv yuav mob ntsws. • Kuaj ntshaav yuav qha tau tas tug tuabneeg puas xwv yuav mob ntsws. • Kev yeeg dluab <i>x-ray</i> hauvsab yuav qha seb cov kaab TB puas tau ua mob rua lub ntsws. • Kev kuaj tej nugqaig yuav qha seb 	<p>Kev Kuaj Rau Tus Kabmob ntsws TB</p> <p>Kev kuaj rau tus kabmob ntsws TB <i>disease</i>, cov nram qab no yog tej kev kuaj uas tej zaum yuav tau ua:</p> <ul style="list-style-type: none"> • Kuaj ntawm daim tawv nqaj (<i>Mantoux test</i>) yuav qhia seb tus neeg puas xwv yuav mob ntsws. • Kuaj ntshav yuav qhia tau tias tus neeg puas xwv yuav mob ntsws. • Kev yees duab <i>x-ray</i> hauvsab yuav qhia seb cov kab TB puas tau ua mob rau lub ntsws. • Kev kuaj tej hnoosqeev yuav qhia

<i>English/Aakiv</i>	<i>Green Mong/Moobleeg</i>	<i>White Hmong/Hmoobdawb</i>
germs are present in coughed up sputum.	cov kaab TB puas nyob rua huv cov nugqaig kws nqu tau lug.	seb cov kab TB puas nyob rau hauv cov hnoosqeev uas hnoos tau los.
<p>Signs and Symptoms</p> <p>People with TB disease may have some or all of the following signs:</p> <ul style="list-style-type: none"> • Cough that lasts more than 3 weeks or longer • Chills and fever • Unexplained weight loss • Feeling weak or tired • Chest pain • Night sweats • Coughing up blood 	<p>Cov Cim Hab Kev Mob</p> <p>Cov tuabneeg kws muaj kaabmob ntsws TB yuav muaj ib co losyog taagnhro cov cim nraag qaab nuav:</p> <ul style="list-style-type: none"> • Nqu kws ntev txug le 3 lub limtam losyog ntev dlua • Ua no hab ua npaws • Poob phaus yaam kws tsi paub pav tau • Noog zoo le tsi muaj zug hab tsaug heev • Mob hauvsab • Nto fws yaav montuj • Nqu tau ntshaav 	<p>Cov Cim Thiab Kev Mob</p> <p>Cov neeg uas muaj kabmob ntsws TB yuav muaj ib co losyog ntau tagnrho cov cim nram qab no:</p> <ul style="list-style-type: none"> • Hnoos uas ntev txog li 3 lub limpam losyog ntev dua • Ua no thiab ua npaws • Poob phaus yam uas tsis paub piav tau • Mloog zoo li tsis muaj zog thiab tsaug heev • Mob hauvsiab • Nto hws yav hmontuj • Hnoos tau ntshav
<p>A person with TB disease in the lungs may have the following:</p> <ul style="list-style-type: none"> • Usually a positive TB skin test or TB blood test • An abnormal chest x-ray • This person is sick and can pass the bacteria to other people. 	<p>Ib tug tuabneeg kws muaj kaabmob ntsws TB nyob rua huv lub ntsws yuav muaj tej yaam le nraag qaab nuav:</p> <ul style="list-style-type: none"> • Kev kuaj tawv nqaj yuav qha tas koj muaj losyog kev kuaj ntshaav yuav pum muaj • Cov dluab x-ray hauvsab yuav tsi xws haaj • Tug tuabneeg nuav yuav muaj mob hab yuav kis tau tug kaabmob rua lwmtug. 	<p>Ib tus neeg uas muaj tus kabmob ntsws TB nyob rau hauv lub ntsws yuav muaj tej yam li nram qab no:</p> <ul style="list-style-type: none"> • Kev kuaj tawv nqaj yuav qhia tias koj muaj losyog kev kuaj ntshav yuav pom muaj • Cov duab <i>x-ray</i> hauvsiab yuav tsis xws haj • Tus neeg no yuav muaj mob thiab yuav kis tau tus kabmob rau lwmtus.
<p>Treatment</p> <p>TB disease is a serious disease that can be cured with the right treatment and medications. If you test positive for TB, you need to take special TB medicines to kill the TB germs.</p>	<p>Kev Khu</p> <p>Tug kaabmob ntsws TB <i>disease</i> yog ib hom mob luj kws yeej khu tau zoo yog siv txuj kev khu hab noj cov tshuaj kws yog. Yog tas koj muaj tug kaabmob ntsws TB, koj yuavtsum tau noj ib cov tshuaj tshwjxeeb tua tug kaabmob ntsws TB.</p>	<p>Kev Kho</p> <p>Tus kabmob ntsws TB <i>disease</i> yog ib hom mob loj uas yeej kho tau zoo yog siv txoj kev kho thiab noj cov tshuaj uas yog. Yog tias koj muaj tus kabmob ntsws TB, koj yuavtsum tau noj ib cov tshuaj tshwjxeeb tua tus kabmob ntsws TB.</p>

<i>English/Aakiv</i>	<i>Green Mong/Moobleeg</i>	<i>White Hmong/Hmoobdawb</i>
<p>TB germs are strong and live a long time. It might take a while after taking the medicine before you began to feel better. It might get worse before it gets better. Do not give up! You must keep taking TB medicines for at least 6-9 months. Even if you feel better, do not stop taking your medicine until your health care provider says it is okay.</p> <p>It is important to keep all your appointments with your health care provider until your TB treatment is finished. The health care provider will monitor you closely and may do additional tests to make sure all the TB germs are being killed.</p> <p>Staff from the local health department will support you throughout your treatment. They may meet regularly with you to watch you take your medications. This is called Directly Observed Therapy (DOT). DOT helps the patient complete treatment in the least amount of time.</p> <p>Take your TB medicines at the same time every day.</p> <p>Do not drink beer, wine or liquor while taking TB medicines.</p>	<p>Cov kaabmob TB muaj zug heev hab muaj sa ntev heev le. Nwg yuav siv sijhawm ntev mivntsis tom qaab noj cov tshuaj koj maam le pib zoo zuj zug. Nwg yuav ua mob heev ua ntej nwg maam le pib zoo. Tsi xob taag kev casab! Koj yuavtsum tau noj cov tshuaj yaam luv kawg yog le ntawm 6-9 lub hlis. Txawm tas koj noog zoo le koj zoo lawm los koj yuavtsum xob muab kev noj tshuaj tso tseg txug thaus koj tug kws saib kev nojqaab nyobzoo has kuas xob noj lawm.</p> <p>Nwg tseem ceeb heev kws koj yuav tau moog kuas tau koj cov sijhawm teem tseg moog ntsib kws khumob txug thaus koj kev khu tug kaabmob ntsws TB taag. Cov kws khumob yuav saib ntsoov koj hab tej zag tseem ua tej yaam kev sojntsuam txhaj paub tseeb tas cov kaab TB yeej tuag lawm tag.</p> <p>Cov ua num huv koj lub zog qhov chaw tswjxwm kev nojqaab nyobzoo yuav txhawb koj moog thaws lub caij kws koj khu mob. Tej zag puab yuav tuaj ntsib koj ua ntu zug hab saib koj noj koj cov tshuaj. Qhov nuav hu ua kev khu lug ntawm kev saib tug mob kuam zoo heev, <i>directly observed (DOT)</i>. DOT paab tug tuabneeg mob lub sijhawm kws khu kuas luv le luv tau.</p> <p>Noj koj cov tshuaj tuab lub sijhawm txhua nub.</p> <p>Xob haus npias, haus cawv, losyog lwm hom cawv thaus koj tseem raug noj tshuaj.</p>	<p>Cov kabmob TB muaj zog heev thiab muaj sia ntev heev li. Nws yuav siv sijhawm ntev mentsis tom qab noj cov tshuaj koj mam li pib zoo zuj zus. Nws yuav ua mob heev ua ntej mam li pib zoo. Txhob tag kev ciasiab! Koj yuavtsum tau noj cov tshuaj yam luv kawg yog li ntawm 6-9 lub hlis. Txawm tias koj mloog zoo li koj zoo lawm los koj yuavtsum txhob muab kev noj tshuaj tso tseg txog thaum koj tus kws saib kev nojqab nyobzoo hais kom txhob noj lawm.</p> <p>Nws tseem ceeb heev uas koj yuav tau mus kom tau koj cov sijhawm teem tseg mus ntsib kws khomob txog thaum koj kev kho tug kabmob ntsws TB tag. Cov kws khomob yuav saib ntsoov koj thiab tej zaum tseem ua tej yam kev sojntsuam thiaj paub tseeb tias cov kab TB yeej tuag lawm tiag.</p> <p>Cov ua haujlwm hauv koj lub zog qhov chaw tswjxwm kev nojqab nyobzoo yuav txhawb koj mus thaws lub caij uas koj kho mob. Tej zaum lawv yuav tuaj ntsib koj ua ntu zus thiab saib koj noj koj cov tshuaj. Qhov no hu ua kev kho los ntawm kev saib tus mob kom zoo heev, <i>directly observed (DOT)</i>. DOT pab tus neeg mob lub sijhawm uas kho kom luv li luv tau.</p> <p>Noj koj cov tshuaj tib lub sijhawm txhua hnub.</p> <p>Txhob haus npias haus cawv, losyog lwm hom cawv thaum koj tseem raug noj tshuaj.</p>
<p>Things To Look For</p> <p>Like all medicines, the medicines used to cure TB disease can have side effects. Some people take TB medicines without any problems. Call or see your health care provider right away if you have any of these symptoms:</p> <ul style="list-style-type: none"> • Nausea or vomiting • Poor appetite • Yellow eyes or skin 	<p>Tej Yaam Kws Yuav Tau Saib</p> <p>Ib yaam le txhua hom tshuaj, cov tshuaj noj paab khu tug kaabmob ntsws TB yeej ua teebmeem hab. Ib co tuabneeg noj cov tshuaj tua kaabmob ntsws TB kuj tsi muaj teebmeem. Hu rua lossis moog ntsib koj tug kws khumob taamsim yog tas koj muaj tej yaam mob le nraag qaab:</p> <ul style="list-style-type: none"> • Xeev sab losyog ntuav • Tsi qaab lus • Ntsab muag dlaaj lossis dlaaj ntseg 	<p>Tej Yam Uas Yuav Tau Saib</p> <p>Ib yam li txhua hom tshuaj, cov tshuaj noj pab kho tus kabmob ntsws TB yeej ua teebmeem thiab. Ib co neeg noj cov tshuaj tua kabmob ntsws TB kuj tsis muaj teebmeem. Hu rau lossis mus ntsib koj tus kws khomob tamsim yog tias koj muaj tej yam mob li nram qab no:</p> <ul style="list-style-type: none"> • Ntuav, mob plab • Tsis qab los • Ntshiab muag daj lossis daj ntseg

<i>English/Aakiv</i>	<i>Green Mong/Moobleeg</i>	<i>White Hmong/Hmoobdawb</i>
<ul style="list-style-type: none"> • Numbness or tingling in fingers or toes • Blurred vision or change in your vision • Ringing in your ears • Trouble hearing • Dizziness • Aching joints • Fever for more than 3 days • Skin rash • Bleeding or bruising easily 	<ul style="list-style-type: none"> • Ntiv teg ntv taw causyaum • Qhov muag plooj tsi pum kev zoo • Pobntseg nrov nrov • Tsi nov lug zoo • Kiv taubhau • Mob tej qej txhaa • Ua npaws ntev dlua 3 nub • Tawv nqaj tawm pob • Lug ntshaav lossis nqaj dloog yooj yim 	<ul style="list-style-type: none"> • Ntiv tes ntv taw causyaum • Qhov muag plooj tsis pom kev zoo • Pobntseg nrov nrov • Tsis hnov lus zoo • Kiv taubhau • Mob tej qij txha • Ua npaws ntev dua 3 hnub • Tawv nqaj xoo pob • Los ntshav lossis nqaj doog yooj yim
<p>What is DOT?</p> <p>“DOT” means Directly Observed Therapy. DOT is when a nurse or health care worker will meet you every day or several times a week to give you your medicine and watch you take your TB medicine. This is the best way to make sure you don’t miss a dose and your treatment is working. DOT lets you have treatment at home.</p>	<p>DOT yog dlaabtsi?</p> <p>“DOT” yog kev saib tug mob kuam zoo heev. DOT yog thaus ib tug kws tu mob losyog tug kws saib kev nojqaab nyobzoo tuaj sojntsuam koj txhua txhua nub lossis ob peb zag nyob rua ib lub limtam, muab tshuaj rua koj noj hab saib ntsoov koj noj koj cov tshuaj tua tug kaabmob ntsws TB. Nuav yog ib txuj kev zoo kws paab rua kuas koj noj koj cov tshuaj tsi tu ncuab hab kuas koj kev khu paab tau koj kuam zoo. DOT pub rua koj tau txais kev khu nyob rua tom tsev.</p>	<p>DOT yog dabtsi?</p> <p>“DOT” yog kev saib tus mob kom zoo heev. DOT yog thaum ib tus kws tu mob losyog tus kws saib kev nojqab nyobzoo tuaj sojntsuam koj txhua txhua hnub lossis ob peb zaug nyob rau ib lub limtiam, muab tshuaj rau koj noj thiab saib ntsoov koj noj koj cov tshuaj tua tus kabmob ntsws TB. No yog ib txoj kev zoo uas pab rau koj kom koj noj koj cov tshuaj tsis tu ncuab thiab kom koj kev kho pab tau koj kom zoo. DOT pub rau koj tau txais kev kho nyob rau pem tsev.</p>