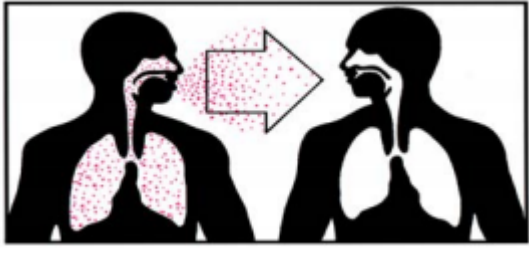




Latent Tuberculosis Infection

Disease Fact Sheet

Latent Tuberculosis (TB) Infection	Kaabmob Ntsws (TB) Kws Tsi Ua Dlaabtsi	Kabmob Ntsws (TB) Uas Tsis Ua Dabtsi
<i>English/Aakiv</i>	<i>Green Mong/Moobleeg</i>	<i>White Hmong/Hmoobdawb</i>
<p>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.</p>	<p>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.</p>	<p>TB yog ib yam mob uas muaj kabmob hu ua <i>Mycobacterium tuberculosis</i> bacteria. Feem ntau yog los raug rau lub ntsws, tabsis kuj los raug rau cov pobtxha, daim tawv nqaj, ob lub raum, cov qog thiab lwm qhov chaw ntawm lub cev.</p>
<p>How did I get TB Infection?</p> <ul style="list-style-type: none"> • Anyone can get TB! • TB is spread through the air from one person to another. The TB germs are passed through the air when a person who is sick with TB disease coughs, laughs, sings or sneezes. • If you breathe air that has TB germs, you may get TB infection. • You will not know you have TB infection unless you have a TB skin test or TB blood test. • If left untreated, TB infection can turn into TB disease. 	<p>Kuv tau tug kaabmob ntsws TB le caag?</p> <ul style="list-style-type: none"> • Txhua tug tuabneeg yeej muaj feem raug tug kaabmob ntsws TB! • Tug kaabmob ntsws TB kis lug ntawm tej paa kws yog lug ntawm ib tug tuabneeg moog rua ib tug. Cov kaab moog nyob rua tej fuab cua thaus ib tug kws muaj tug kaabmob ntsws TB nqu, luag, hu nkauj losyog txhaam. • Yog tas koj nqug tau cov fuab cua kws muaj tug kaab TB, koj muaj feem yuav tau tug mob. • Koj yuav tsi paub tas koj muaj tug kaabmob ntsws TB tshwj tas koj moog sim tawv nqaj losyog kuaj ntshaav. • Yog tas tsi khu, tug kaabmob ntsws TB <i>infection</i> yuav dlhau moog ua tug kaabmob ntsws <i>disease</i>. 	<p>Kuv tau tus kabmob ntsws TB li cas?</p> <ul style="list-style-type: none"> • Txhua tus neeg yeej muaj feem raug tus kabmob ntsws TB! • Tus kabmob ntsws TB kis los ntawm tej pa uas yog los ntawm ib tug neeg mus rau ib tug. Cov kab mus nyob rau tej huab cua thaum ib tug uas muaj tus kabmob ntsws TB hnoos, luag, hu nkauj, losyog txham. • Yog tias koj nqus tau cov huab cua uas muaj tus kab TB, koj muaj feem yuav tau tus mob. • Koj yuav tsis paub tias koj muaj tus kabmob ntsws TB tshwj tias koj mus sim tawv nqaj losyog kuaj ntshav. • Yog tias tsis kho, tus kabmob ntsws TB <i>infection</i> yuav dhau mus ua tus kabmob ntsws <i>disease</i>.
		
<p>How do I test for TB infection?</p>	<p>Kuv yuav tshuajntsuam nrhav tau tug kaabmob ntsws TB le caag?</p> <p>Kev tshuajntsuam tug kaabmob ntsws TB, muaj qee yaam tej zag yuav tau ua le nraag qaab nuav:</p>	<p>Kuv yuav tshuajntsuam nrhiv tau tus kabmob ntsws TB li cas?</p> <p>Kev tshuajntsuam tus kabmob ntsws TB, muaj qee yam tej zaum yuav tau li nram qab no:</p>

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<ul style="list-style-type: none"> • A Tuberculin Skin test (Mantoux test) or TB blood test shows if a person is likely to have been infected. • A person with TB infection will usually have a positive TB skin test or TB blood test. • If your TB skin test or TB blood test is positive, your health care provider may also do a chest x-ray to look for signs of TB disease. If your chest x-ray does not show signs of TB disease and you are not sick, then you will be diagnosed with TB infection. 	<ul style="list-style-type: none"> • Sim tawv nqaj, kws hu ua <i>Mantoux test</i>, losyog kuaj ntshaav seb tug tuabneeg puas xwv yuav mob ntsws. • Yog tug tuabneeg muaj mob ntsws feem ntau nwg yuav pum tshwm thaus sim tawv nqaj losyog kuaj ntshaav. • Yog tas koj kev sim tawv nqaj losyog kuaj ntshaav qha tas koj muaj mob lawm, koj tug kws khumob yuav kuas koj moog yeeg dluab <i>x-ray</i> hauvsab seb puas pum muaj cim qha tas muaj tug kaabmob ntsws TB <i>disease</i> kws tug kaab sawv lawm. Yog tas cov dluab <i>x-ray</i> hauvsab TSI pum muaj cim qha, ces yog koj muaj tug kaabmob ntsws TB <i>infection</i> kws tug kaab tsaug zug lawm. 	<ul style="list-style-type: none"> • Sim tawv nqaj, uas hu ua <i>Mantoux test</i>, losyog kuaj ntshav seb tus neeg puas xwv yuav mob ntsws. • Yog tus neeg muaj mob ntsws feem ntau nws yuav pom tshwm thaum sim tawv nqaj losyog kuaj ntshav. • Yog tias koj kev sim tawv nqaj losyog kuaj ntshav qhia tias koj muaj mob lawm, koj tus kws khomob yuav kom koj mus yees duab <i>x-ray</i> hauvsab seb puas pom muaj cim qhia tias muaj tus kabmob ntsws TB <i>disease</i> uas tus kab sawv lawm. Yog tias cov duab <i>x-ray</i> hauvsab TSI pom muaj cim qhia, ces yog koj muaj tus kabmob ntsws TB <i>infection</i> uas tus kab tsaug zog lawm.
<p>What is TB Infection?</p> <p>Infection with TB means the person has TB germs in their body but is not sick. These germs are “asleep” and usually the person’s immune system is able to fight these germs to stop them from growing.</p>	<p>Kaabmob ntsws TB Infection yog dlaabtsi?</p> <p>Yog muaj tug kaabmob ntsws TB <i>infection</i> lawm nwg txhais has tas tug tuabneeg nuav muaj cov kaab TB nyob huv nwg lub cev tabsi tsi ua rua nwg muaj mob. Cov kaab nuav “tsaug zug” lawm hab feem ntau tug tuabneeg nuav cov cuabyeej nrogcev tawmtsam tau cov kaab nuav kuas xob luj tuaj.</p>	<p>Kabmob ntsws TB Infection yog dabtsi?</p> <p>Yog muaj tus kabmob ntsws TB <i>infection</i> lawm nws txhais hais tias tus neeg nov muaj cov kab TB nyob huv nws lub cev tiamsis tsis ua rau nws muaj mob. Cov kab no “tsaug zog” lawm thiab feem ntau tus neeg nov cov cuabyeej nrogcev tawmtsam tau cov kab no kom txhob loj tuaj.</p>
<p>A person with TB infection:</p> <ul style="list-style-type: none"> • Usually has a positive TB skin test or TB blood test • Normal chest x-ray • Normal sputum tests • Cannot pass the TB germs to other people • Does not feel sick and cannot spread the 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 	<p>Tug kws muaj kaabmob ntsws TB kws tsi ua dlaabtsi:</p> <ul style="list-style-type: none"> • Feem ntau kev kuaj dlaim tawv nqaj yuav qha tas muaj losyog kev kuaj ntshaav los yuav pum muaj • Yuav tsi muaj dlaabtsi nyob rua huv cov dluab yeeg <i>x-ray</i> hauvsab • Yuav kis tsi tau cov kaab TB rua lwmtug • Yuav tsi muaj mob hab yuav kis tsi tau tug kaabmob rua lwmtug • Txawm le ntawd los, yog thaus tug kaab TB kws nyob huv lub cev sawv lawm hab pib luj tuaj, tug tuabneeg ntawd tug kaabmob kws tsi ua dlaabtsi, <i>latent TB infection</i>, 	<p>Tus uas muaj kabmob ntsws TB uas tsis ua dabtsi:</p> <ul style="list-style-type: none"> • Feem ntau kev kuaj daim tawv nqaj yuav qhia tias muaj losyog kev kuaj ntshav los yuav pom muaj • Yuav tsis muaj dabtsi nyob rau huv cov duab yeeg <i>x-ray</i> hauvsab • Yuav kis tsis tau cov kab TB rau lwmtus • Yuav tsis muaj mob thiab yuav kis tsis tau tus kabmob rau lwmtus • Txawm li ntawd los, yog thaum tus kab TB uas nyob huv lub cev sawv lawm thiab pib loj tuaj, tus neeg ntawd tus kabmob uas tsis ua dabtsi, <i>latent TB infection</i>,

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<p>TB disease. People with active TB disease can get very sick and can spread TB to other people.</p> <ul style="list-style-type: none"> • Persons with certain conditions are at high risk for developing TB disease. These conditions include: <ul style="list-style-type: none"> ○ HIV infection ○ Injection drug use ○ Low body weight (>10% below ideal weight) ○ Other medical conditions, such as diabetes mellitus, chronic renal failure or on hemodialysis, head and neck cancer, and other immunosuppressed conditions. 	<p>yuav dlhau moog ua tug kaabmob ntsws TB <i>disease</i>. Cov tuabneeg kws muaj tug kaabmob ntsws TB <i>disease</i> yuav muaj mob nyaav heev hab yuav kis tau tug kaabmob ntsws TB rua lwmtug.</p> <ul style="list-style-type: none"> • Cov tuabneeg kws muaj tej yaam mob yuav muaj feem ntau dlua kws yuav raug tug kaabmob ntsws TB. Tej yaam mob muaj le nraag qaab nuav: <ul style="list-style-type: none"> ○ Muaj mob HIV ○ Siv tshuaj lug ntawm kev txhaaj ○ Lub cev nyaav tsi txaus (tshaaj 10% dlhau huv qaab qhov kws tsimnyog nyaav) ○ Lwm yaam mob, xwsle mob ntshaav qaabzib, mob raum puag losyog lim ntshaav kws hu ua <i>hemodialysis</i>, muaj mob kheexawj rua lub taubhau hab cejdlaab, hab lwmyam kev mob huv nrogcev. 	<p>yuav dhau mus ua tus kabmob ntsws TB <i>disease</i>. Cov tibneeg uas muaj tus kabmob ntsws TB <i>disease</i> yuav muaj mob hnyav heev thiab yuav kis tau tus kabmob ntsws TB rau lwmtus.</p> <ul style="list-style-type: none"> • Cov neeg uas muaj tej yam mob yuav muaj feem ntau dua uas yuav raug tus kabmob ntsws TB. Tej yam mob muaj li nram qab no: <ul style="list-style-type: none"> ○ Muaj mob HIV ○ Siv tshuaj los ntawm kev txhaj ○ Lub cev hnyav tsis txaus (tshaj 10% dhau hauv qab qhov uas tsimnyog hnyav) ○ Lwm yam mob, xwsli mob ntshav qabzib, mob raum puas losyog lim ntshav uas hu ua <i>hemodialysis</i>, muaj mob kheexawj rau lub taubhau thiab cejdab, thiab lwmyam kev mob hauv nrogcev.
<p>How do I treat my TB infection?</p> <p>There are medicines you can take to prevent you from getting active TB disease. The medication kills the sleeping TB germs before they have a chance to make you sick. There are currently three treatment options:</p> <ul style="list-style-type: none"> • Isoniazid (INH) is a common medicine used to treat LTBI. This medication alone is to be taken for 9 months. • Isoniazid (INH) and Rifapentine (RPT) are taken for 3 months. • Rifampin (RIF) is taken for 4 months. <p>These different treatment options are equally effective. Talk with your health care provider to see which option is right for you. A chest x-ray is required before starting treatment and sometimes</p>	<p>Kuv yuav khu tug kaabmob ntsws TB le caag?</p> <p>Muaj tshuaj rua koj noj moog tivthaiv koj kuas xob ua rua koj tug kaabmob sawv lossis cajsia. Cov tshuaj tua cov kaabmob kws “tsaug zug” ua ntej nwg yuav ua rua koj mob. Taamsim nuav muaj peb hom kev khu:</p> <ul style="list-style-type: none"> • Cov tshuaj <i>Isoniazid (INH)</i> yog ib hom tshuaj kws feem ntau siv lug tua tug kaabmob ntsws LTBI. Noj cov tshuaj nuav xwb yuav noj ntev le 9 lub hlis. • Noj cov tshuaj <i>Isoniazid (INH)</i> hab cov tshuaj <i>Rifapentine (RPT)</i> uake yuav noj ntev le 12 lub limtam. • Noj cov tshuaj <i>Rifampin (RIF)</i> xwb yuav noj ntev le 4 lub hlis. <p>Ob peb yaam kev khu nuav yeej khu tau zoo ib yaam. Thaum nrog koj tug kws khumob seb txuj kev khu twg txhaj zoo rua koj. Yuavtsum tau moog yeeg dluab <i>x-ray</i> hauvsab ua ntej pib kev khu hab tej zag tseem tau kuaj ntshaav seb</p>	<p>Kuv yuav kho tus kabmob ntsws TB li cas?</p> <p>Muaj tshuaj rau koj noj mus tivthaiv koj kom txhob ua rau koj tus kabmob sawv lossis ciaisia. Cov tshuaj tua cov kabmob uas “tsaug zog” ua ntej nws yuav ua rau koj mob. Tamsim no muaj peb hom kev kho:</p> <ul style="list-style-type: none"> • Cov tshuaj <i>Isoniazid (INH)</i> yog ib hom tshuaj uas feem ntau siv los tua tus kabmob ntsws LTBI. Noj cov tshuaj nov xwb yuav noj ntev li 9 lub hlis. • Noj cov tshuaj <i>Isoniazid (INH)</i> thiab cov tshuaj <i>Rifapentine (RPT)</i> uake yuav noj ntev li 12 lub limpam. • Noj cov tshuaj <i>Rifampin (RIF)</i> xwb yuav noj ntev li 4 lub hlis. <p>Ob peb yam kev kho no yeej kho tau zoo ib yam. Tham nrog koj tus kws khomob seb txoj kev kho twg thiaj zoo rau koj. Yuavtsum tau mus yees duab <i>x-ray</i> hauvsab ua ntej pib kev kho thiab tej zaum tseem tau kuaj</p>

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a blood test is done to check your liver function.	lub sab puas ua num zoo.	ntshav seb lub siab puas ua haujlwm zoo.
<p>What should I know about TB medicine?</p> <p>Many people take medication every day without any problems. Contact your health care provider right away if you experience any of the following side effects:</p> <ul style="list-style-type: none"> • Fever for more than 3 days • Poor appetite, losing weight, or feeling tired for no reason • Nausea or vomiting—Some people have mild nausea when they begin taking pills. If this happens to you, try eating a small amount of food with your pill or take it at bedtime. If you are still nauseated after three days, call your health care provider right away. • Stomach pain • Dark urine (tea or coffee color) • Yellow skin or eyes • Skin rash or itching • Numbness or tingling feeling in your hands or feet • Coughing more than 3 weeks • Night sweats • Breathing difficulty or wheezing 	<p>Yaam dlaabtsi kws kuv yuavtsum tau paub txug has txug cov tshuaj TB?</p> <p>Muaj coob tug noj tshuaj txhua nub kws tsi muaj teebmeem dlaabtsi. Hu rua koj tug kws khumob taamsim yog koj muaj tej yaam mob le nraag qaab nuav:</p> <ul style="list-style-type: none"> • Ua npaws tshaaj 3 nub • Tsi qaablug, poob teev, lossis noog zoo le tsaug heev yaam tsi paub yog ua caag • Xeev sab lossis ntuav—Muaj ib cov tuabneeg xeev sab mivntsis thaus puab pib noj tshuaj. Yog tas koj zoo le nuav, sim noj mivntsis mov thaus koj noj tshuaj lossis noj thaum yuav pw xwb. Yog tas tom qaab peb nub los koj tseem xeev sab, hu rua koj tug kws khumob taamsim ntawd. • Mob plaab • Tso zig dlob heev (xim tshuaj yej losyog xim kafes) • Dlaaj ntseg lossis ntsab muag dlaaj • Tawv nqaj tawm pob lossis txob txob • Teg taw cau yaum lossis loog • Nqu ntev tshaaj le 3 lub limtam • Nto fws yaav montuj • Ua paa nyuaj losyog ua paa hawb 	<p>Yam dabtsi uas kuv yuavtsum tau paub txog hais txog cov tshuaj TB?</p> <p>Muaj coob tus noj tshuaj txhua hnuv uas tsis muaj teebmeem dabtsi. Hu rau koj tus kws khomob tamsim ntawd yog koj muaj tej yam mob li nram qab no:</p> <ul style="list-style-type: none"> • Ua npaws tshaj 3 hnuv • Tsis qablos, poob teev, lossis mloog zoo li tsaug heev yam tsis paub yog ua cas • Xeev siab lossis ntuav—Muaj ib cov neeg xeev siab mentsis thaum lawv pib noj tshuaj. Yog tias koj zoo li no, sim noj mentsis mov thaum koj noj tshuaj lossis noj thaum yuav pw xwb. Yog tias tom qab peb hnuv los koj tseem xeev siab, hu rau koj tus kws khomob tamsim ntawd. • Mob plab • Tso zis dub heev (xim tshuaj yej losyog xim kafes) • Daj ntseg lossis ntsiab muag daj • Tawv nqaij xoo pob lossis khaus khaus • Tes taw cau yaum lossis loog • Hnoos ntev tshaj li 3 lub limpam • Nto hws yav hmontuj • Ua pa nyuaj losyog ua pa hawb
<p>Do not drink beer, wine or liquor while on treatment.</p>	<p>Tsi xob haus npias, haus cawv, lossis lwmyaam cawv thaus tseem taabtom khu koj tug mob.</p>	<p>Txhob haus npias, haus cawv, lossis lwmyam cawv thaum tseem tabtom kho koj tus mob.</p>
<p>Remembering To Take Your Medication</p> <p>It is very important to take your medication as prescribed by your health care provider. If you miss too many days, the medicine might not work. Keep taking your medications until your health care</p>	<p>Ncu Ntsoov Noj Koj Cov Tshuaj</p> <p>Nwg yog ib qhov tseemceeb heev kws koj yuavtsum tau noj koj cov tshuaj lawvle koj tug kws khumob kuas koj noj. Yog tas koj tsi ncu qaab noj tau ntau nub lawm, tej zag cov tshuaj yuav tsi ua num lawm. Noj koj cov tshuaj twj</p>	<p>Nco Ntsoov Noj Koj Cov Tshuaj</p> <p>Nws yog ib qhov tseemceeb heev uas koj yuavtsum tau noj koj cov tshuaj rawsli koj tus kws khomob kom koj noj. Yog tias koj tsis nco qab noj tau ntau hnuv lawm, tej zaum cov tshuaj yuav tsis ua haujlwm</p>

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provider says it is okay to stop.	ywm txug thaus koj tug kws khumob kuas koj xob noj lawm.	lawm. Noj koj cov tshuaj twj ywm txog thaum koj tus kws khomob kom koj txhob noj lawm.
<p>Some ways to help you remember:</p> <ul style="list-style-type: none"> • Take your pill at the same time every day • Keep your pills in a place where you will see them every day • Ask a family member or friend to remind you every day • Mark your calendar every day after you take your pills • Use a pill reminder box 	<p>Tej yaam kws yuav paab kuas koj ncu ntsoov noj:</p> <ul style="list-style-type: none"> • Noj koj cov tshuaj tuab lub sijhawm txhua nub. • Muab koj cov tshuaj ca rua tej qhov chaw kws koj pum txhua nub • Kuas ib tug tuabneeg huv tsev lossis ib tug phoojywg qha kuas koj ncu ntsoov noj tshuaj • Khij cov nub kws koj noj tshuaj lawm • Siv ib lub npov (<i>box</i>) kws qha kuas koj ncu ntsoov noj 	<p>Tej yam uas yuav pab kom koj ncu ntsoov noj:</p> <ul style="list-style-type: none"> • Noj koj cov tshuaj tib lub sijhawm txhua hnuv • Muab koj cov tshuaj cia rau tej qhov chaw uas koj pom txhua hnuv • Kom ib tus neeg hauv tsev lossis ib tus phoojywg qhia kom koj ncu ntsoov noj tshuaj • Khij cov hnuv uas koj noj tshuaj lawm • Siv ib lub npov (<i>box</i>) uas qhia kom koj ncu ntsoov noj
If you miss any days, write them down so you can tell your health care provider and nurse at your next checkup.	Yog tas koj tsi ncu noj tshuaj nub twg, muab sau ca kuas koj paub has qha rua koj tug kws khumob lossis tug tu mob thaus koj moog kuaj dlua.	Yog tias koj tsi ncu noj tshuaj hnuv twg, muab sau cia kom koj paub hais qhia rau koj tus kws khomob lossis tus tu mob thaum koj mus kuaj dua.
Protect yourself, your family and your friends from TB – take all of your TB medicine!	Tivthaiv koj tugkheej, koj tsevneeg, hab koj cov phoojywg kuas xob mob kaabmob ntsws TB – noj taagnrho koj cov tshuaj tua kaabmob TB!	Tivthaiv koj tuskheej, koj tsevneeg, thiab koj cov phoojywg kom txhob mob kabmob ntsws TB – noj tagnrho koj cov tshuaj tua kabmob TB!
The only way to get rid of TB germs is by taking TB medicines.	Tuab txuj hauvkev kws yuav rhu tau cov kaab TB ces yog noj cov tshuaj tua kaabmob ntsws TB xwb.	Tib txog hauvkev uas yuav rho tau cov kab TB ces yog noj cov tshuaj tua kabmob ntsws TB xwb.