

Who should be screened?

- Immigrants from Asian countries and other countries where TB is common (e.g. Latin America, Africa, Eastern Europe)
- Homeless individuals
- Long-term care/nursing home residents
- People who live or spend time with someone who has active TB disease
- Individuals with weakened immune system (i.e. dialysis patient, HIV infection)



Screening for TB

There are two kinds of tests used to screen for TB bacteria in the body.

Your healthcare provider may suggest a blood test (IGRA) or TB skin test (PPD). For the PPD skin test, you will need to return in 48 to 72 hours for a healthcare provider to check for a skin reaction from the shot. If either the blood test or skin test result is considered positive, you are presumed to have at least latent TB. Additional tests, such as a chest x-ray and sputum sample, are needed to help differentiate active and latent TB.

Are you infected with TB? If you are not sure, get tested!

For more information, please contact
**North East Medical Services
Health Education Department:**

OPEN MONDAY - SATURDAY
1520 Stockton Street, 1st Floor
San Francisco, CA 94133
Tel: (415) 391-9686 ext.5843

OPEN MONDAY ONLY
2629 San Bruno Avenue
San Francisco, CA 94134
Tel: (415) 391-9686 ext.5843

OPEN TUESDAY ONLY
211 Eastmoor Avenue
Daly City, CA 94015
Tel: (650) 550-3923 ext.5843

OPEN MONDAY - FRIDAY
1870 Lundy Avenue
San Jose, CA 95131
Tel: (408) 573-9686 ext.8711

Resources:

- World Health Organization
- Centers for Disease Control and Prevention
- San Francisco Department of Public Health
- New York Department of Health and Mental Hygiene
- UpToDate Inc.

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Tuberculosis (TB)



**NORTH EAST
MEDICAL SERVICES**
東北醫療中心

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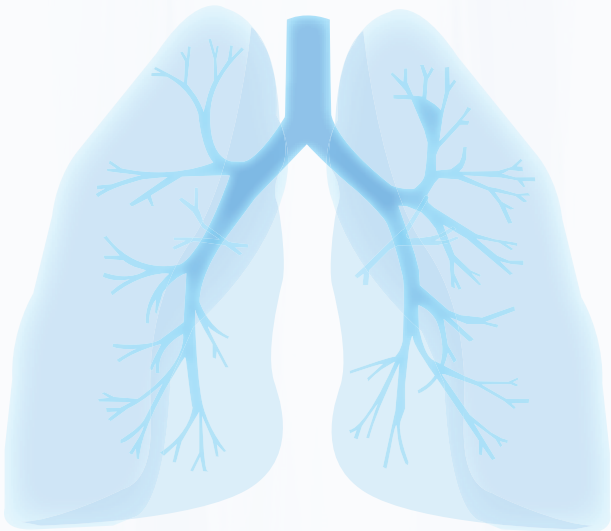
What is Tuberculosis (TB)?

Tuberculosis (TB) is a disease caused by germs that commonly affect the lungs, but it sometimes affects

other parts of the body as well. TB is prevalent in China and many developing countries.

TB germs travel from person to person through the air. You can breathe the germs through close contact from people who are sick with TB. When this occurs, one of the following might happen:

- TB germs multiply in your body and cause you to be sick with TB disease. This is known as “active TB.”
- Your body protects you by building a wall around the germs and making them go to “sleep.” This is known as “latent TB.”



Latent TB

People with latent TB do not have symptoms and usually cannot infect other people. However, there is a risk of developing active TB. The risk of developing active TB depends on the person’s age and health condition. However, this risk can be prevented with treatment.

How can we treat latent TB?

There are many medications for latent TB. Your doctor will find out what is appropriate for you. Depending on the medication, the treatment length can be as short as 12 weeks. Please take your medication as prescribed. If the medication is not taken as prescribed, you may develop resistance to the drug which makes it harder to treat the disease.

Possible adverse effects with treatment

Although rare, some patients might develop adverse effects from the medication, which includes: nausea, vomiting, abdominal pain and tingling, prickling or numbness in your hands or feet. If you experience any of the above or other uncomfortable feelings, please let your doctor know right away.

Active TB

If latent TB is not treated, there will be a lifetime chance of developing active TB - especially if your immune system is weak. If this happens, this is called “reactivation TB.” The germs are now activated and can make you sick. You can now spread the germs to other people around you.

Signs and symptoms of active TB

- Cough that lasts longer than 3 weeks without improvement
- Fever
- Night sweats
- Unexplained weight loss
- Coughing up blood
- Loss of appetite

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).
Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。
Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

哪些人應該接受篩檢？

- 來自亞洲國家或其他流行肺結核的國家的新移民（例如：拉丁美洲、非洲、東歐等）
- 露宿街頭者
- 長期護理患者／家居護理患者
- 與活動性肺結核帶菌者居住或有接觸的人
- 免疫系統較弱的人（例如：洗腎病人、愛滋病感染者）



肺結核篩檢

篩檢身體裡的肺結核病菌有兩種方式。您的家庭醫生可能建議您進行結核菌驗血

測試 (IGRA) 或皮膚測試 (PPD)。結核菌皮膚測試 (PPD) 後，您需要在48至72小時內覆診，讓醫護人員查看在您的手臂上進行的皮內注射是否有陽性反應。如果您的結核菌皮膚測試或驗血結果呈現陽性反應，您至少會被假定患有潛伏性肺結核。您將需要額外的檢查，例如照肺部X光或檢驗痰的樣本等，以分辨您屬於活動性肺結核還是潛伏性肺結核。

您是否已感染肺結核？

如果您不清楚，
請儘快來做個測試！

如欲查詢詳情，請聯絡東北醫療中心健康教育部：

三藩市華埠 Stockton 街診所
(週一至週六開放)
1520 Stockton Street, 1st Floor
San Francisco, CA 94133
Tel: (415) 391-9686 轉內線 5843

三藩市波特羅區諮詢及登記處
(僅週一開放)
2629 San Bruno Avenue
San Francisco, CA 94134
Tel: (415) 391-9686 轉內線 5843

帝利市 Eastmoor 街診所
(僅週二開放)
211 Eastmoor Avenue
Daly City, CA 94015
Tel: (650) 550-3923 轉內線 5843

聖荷西市 1870 Lundy 街診所
(週一至週五開放)
1870 Lundy Avenue
San Jose, CA 95131
Tel: (408) 573-9686 轉內線 8711

資料來源：

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肺結核須知



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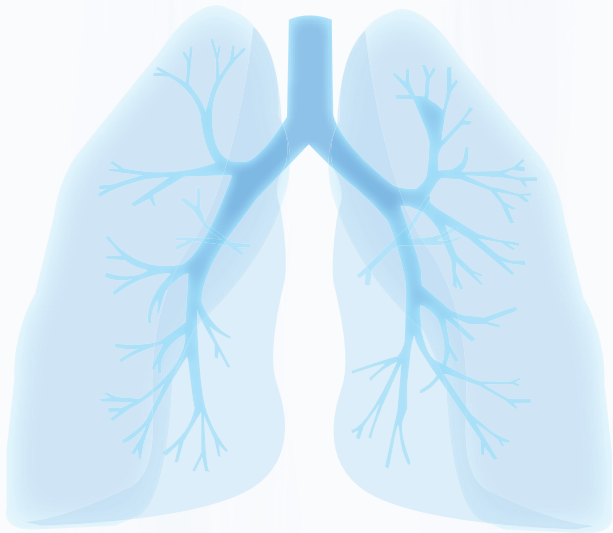
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甚麼是肺結核 (TB)?

肺結核 (TB) 是一種由細菌引起的疾病，該細菌通常侵襲肺部，但有時身體其他器官也會受到感染。肺結核在中國和很多發展中國家都頗為普遍。

結核菌通過空氣在人與人之間傳播。您可以透過和肺結核患者的親密接觸吸入結核菌。如果您吸入了結核菌，以下其中一種情況會發生：

- 結核菌侵害您的身體，令您患上肺結核 - 又稱「活動性肺結核」
- 您的身體在結核菌周圍築起一道牆，令它進入「休眠狀態」- 又稱「潛伏性肺結核」



潛伏性肺結核

患有潛伏性肺結核的人不會有任何徵狀，而且他們不能把病菌傳播給其他人。但是，他們有發展成活動性肺結核的潛在風險。這個風險取決於年齡和健康狀況。您可以接受治療來預防這個風險。

如何治療潛伏性肺結核？

有很多藥物可用作治療潛伏性肺結核，醫生會幫您找出最適合您的一種。根據不同的藥物而定，治療期可短至**12週**。請謹記遵照醫囑服藥，否則您的身體會產生抗藥性，令治療更加困難。

治療可能會產生的副作用

治療潛伏性肺結核的藥物可能會在某些病人身上引起副作用，其中包括：胸悶、嘔吐、腹痛和四肢感到刺痛或麻痺，但這些情況非常罕見。如果您有以上的任何徵狀或其他不適，請馬上通知您的醫生。

活動性肺結核

如果沒有及時治療潛伏性肺結核，它有可能轉化成活動性肺結核。如果您的免疫系統較弱，這個風險就更高。當潛伏性肺結核轉化成活動性肺結核時，就叫做「復發性肺結核」。這時細菌會變得活躍並能侵害您的肺部和其他身體部分，您可以將病菌傳播給周圍的人。

活動性肺結核的徵兆和症狀

- 咳嗽持續超過3星期，而且沒有好轉
- 發燒
- 盜汗
- 不明原因的體重下降
- 咳血
- 食慾不振

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