

# Home Isolation for Tuberculosis (TB)

## Tuberculosis (TB)

You have TB of the lungs or throat. TB is contagious and is spread from person to person through the air when you cough, sneeze, talk, laugh or sing. TB is not spread by sharing utensils, plates, cups, clothing, bed linen, furniture, toilets or by shaking hands.

## Home isolation

Public Health laws limit your activities when you have an infectious disease like TB.

You must stay at home and away from people to stop the spread of TB and to protect people around you:

- You **must not** go to work, school, places of worship, restaurants, movies, grocery stores, shopping malls, or any other public place.
- You **must not** ride on buses, subways, trains, or airplanes.

## How to protect your family:

- Sleep in your own room.
- Open your windows to let out the TB germs.
- Stay away from young children and people with weak immune systems as they can catch TB very easily.
- Cover your mouth and nose with tissues/your sleeve when you cough or sneeze. Throw used tissues in the garbage.
- Always wear a surgical mask when you are around people in your home.
- You can go out for short walks around your neighbourhood without wearing a mask, but stay away from other people.

## How to protect other people:

- Stay at home, and do not have visitors.
- Stay away from public places.
- Wear a surgical mask when you go for a laboratory test, x-ray or to see your doctor.
- If you have to be picked up by ambulance, inform the paramedics and the hospital emergency department that you have TB.

## Period of home isolation

The contagious period of your TB depends on how well your body responds to treatment. This will be based on the results of your sputum tests, x-rays and decreasing symptoms.

Your doctor or public health staff will inform you when you are no longer contagious and may resume activities. Taking every dose of your TB medicine will kill the germs and cure your TB.

## Still have questions?

Call your health care provider, public health nurse or Directly Observed Therapy (DOT) worker. For more information, visit [phsd.ca](http://phsd.ca) or call 705.522.9200, ext. 457.

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