

Tuberculosis (TB) Exposure: What You Need to Know

The risk of tuberculosis (TB) exposure is low for most people, but if you think you've been in contact with someone who has TB, taking the right precautions can help protect your health and prevent its spread.

Steps to Take if Exposed to TB:

- Monitor for symptoms of TB disease, including a productive cough that lasts more than 3 weeks, chest pain, fever, night sweats, chills, loss of appetite, and weight loss.
- Follow guidance from public health officials, including getting tested for TB disease, attending follow-up appointments, and following any prescribed treatments or precautions. Early detection can help prevent its spread and treatment is highly effective.
- Wash your hands regularly and follow coughing/sneezing etiquette, such as coughing or sneezing into a tissue or the inside of the elbow.
- Stay home from school or work until evaluated by a healthcare provider if you or anyone in your household is feeling unwell or showing symptoms of TB disease. Your healthcare provider will give appropriate guidance.
- Open windows and use fans to increase the ventilation in your home, especially if someone in your household has symptoms or been diagnosed with TB disease.

Resources for More Information:

- www.kdhe.ks.gov
- **TB Symptoms:** <https://bit.ly/4cMOYqU>
- **TB Prevention:** <https://bit.ly/3UMaxjM>
- **TB Vaccine Information:** <https://bit.ly/483vr41>
- **TB Treatment:** <https://bit.ly/4dn0l8V>

