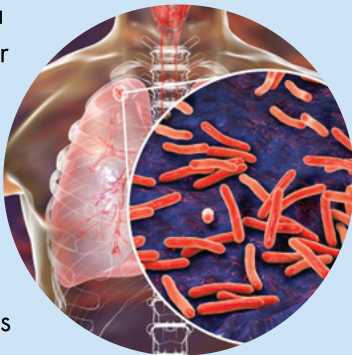


**What does it mean if you have a Latent TB infection?**

It means that the TB bacteria causing the disease is in your body but it is inactive and you do not experience any symptoms nor spread the infection. However, it may become active and progress into an active phase when your body’s immune system is weak.



**How do you get Latent TB infection?**

Tuberculosis (TB) bacteria can spread through the air in droplets that come from an infected person’s mouth or nose when they cough, sneeze, talk or laugh. People who spend a lot of time with someone who has TB, like family members, friends or coworkers, may inhale the germs and become infected. Your infection can only be confirmed by conducting the necessary tests.

**When should you get TB tests?**

- If you have spent a long time with a TB patient or someone who is suspected of having tuberculosis.
- If you have HIV infection or any other illnesses that weaken your immune system, including cancer, diabetes, and kidney diseases.

- If you are showing symptoms of tuberculosis and your physician has requested that you undergo tests.
- If your workplace requires you to take the test, such as healthcare workers.
- New residency visa applicants and renewals for expatriates as a part of the medical fitness check-up.

**What are latent TB tests?**



**Skin Test**



**Blood Test**



**Chest X-Ray**

Chest X-ray which looks for sign of TB in your lungs.

**Why should you get treatment for latent TB infection?**

- TB medicines are the only effective way to kill TB germs in the body.
- If you become sick due to the germs:
  - o You could spread the TB to your family and friends.
  - o You would have to disrupt your work and stay away from your family and friends until you are no longer contagious.

**What are latent TB treatment methods?**

**If you have been diagnosed with a TB infection, it is important to undergo full treatment to prevent the disease from spreading.**

- Taking the antibiotics regularly for a period of 3 to 6 months, as advised by your doctor.
- The TB infection Medicines are usually safe, however, side effects may happen that may be requiring medical attention and subsequent suspension or replacement in some cases.

**Note:** The color of the body fluids, such as urine or tears, may change to orange during the treatment period, but there is no need to worry as this is as expected effect from one of the TB medication and will return to normal after the treatment is completed.

**During the treatment period, you should:**

- Inform your doctor about the following before starting the treatment:
  - o Your queries regarding medication.
  - o If you consume alcoholic beverages.
  - o If you are currently taking any other medicines.
  - o If you are a woman: let your doctor know if you are pregnant, planning to conceive, or taking birth control medications.
- When you visit any healthcare facility for any reason, let the doctor know that you are taking TB infection medications.
- Make sure to take all your medications regularly as prescribed by your doctor.
- Maintain all your clinic appointments as instructed.

**The following tips can be helpful for you in taking medicine:**

- Taking your medicine at the same time every day.
- Set an alarm to remind you of your medication time.
- You may ask one of your family members or friends to remind you.
- Put a reminder note on the desk or refrigerator.
- Use the attached dosing table to take the medication regularly.



**Take your medication regularly on time**

**Call immediately or go to the nearest health institution if you have any of the following (contact number will be given during clinic visit)**

- Loss of appetite
- Stomach pain or upset
- Fever
- Nausea or vomiting
- Cola-colored urine or light-colored stool
- The appearance of bruising or bleeding
- Skin rash or itching
- Yellowing of the skin or eyes
- Extreme weakness or fatigue
- Pain, tingling, or numbness in the hands or feet
- Dizziness

What are the prevention methods against TB infection?

- Stay away from crowded places and ensure proper ventilation.
- Quit smoking, specifically shisha, and alcoholic beverages.
- Maintain physical activity and healthy diet.
- Maintain personal hygiene and wash hands thoroughly.
- Cover the mouth when sneezing or coughing and avoid spitting on the ground.



For inquiries or not attending the appointment

Call on: .....

To make tracking your medications easier, use the following table. Place a checkmark and date on each day you take your medication for the full period:

Regimen 3HR/ 4R

Dose from the day 1 to 30

Date	Take Medicine	Dose Number	Date	Take Medicine	Dose Number	Date	Take Medicine 2	Dose Number
	✓/x			✓/x			✓/x	
		1			11			21
		2			12			22
		3			13			23
		4			14			24
		5			15			25
		6			16			26
		7			17			27
		8			18			28
		9			19			29
		10			20			30

Dose from the day 31 to 60

Date	Take Medicine	Dose Number	Date	Take Medicine	Dose Number	Date	Take Medicine	Dose Number
	✓/x			✓/x			✓/x	
		31			41			51
		32			42			52
		33			43			53
		34			44			54
		35			45			55
		36			46			56
		37			47			57
		38			48			58
		39			49			59
		40			50			60

Dose from the day 61 to 90

Date	Take Medicine	Dose Number	Date	Take Medicine	Dose Number	Date	Take Medicine	Dose Number
	✓/x			✓/x			✓/x	
		61			71			81
		62			72			82
		63			73			83
		64			74			84
		65			75			85
		66			76			86
		67			77			87
		68			78			88
		69			79			89
		70			80			90

Dose from the day 91 to 120

Date	Take Medicine	Dose Number	Date	Take Medicine	Dose Number	Date	Take Medicine	Dose Number
	✓/x			✓/x			✓/x	
		91			101			111
		92			102			112
		93			103			113
		94			104			114
		95			105			115
		96			106			116
		97			107			117
		98			108			118
		99			109			119
		100			110			120

Note:

- If you forget to take your medicine, follow these guidelines:
- If you remember on the same day, take the dose as soon as you remember.
  - If the day has passed, skip the missed dose and take the next scheduled dose at the usual time. Inform your treating physician about missing a dose.

# Be careful!!  
• Never take two doses of the medicines on the same day



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# Latent TB



## “Yes We can end TB”

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