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**Waverley
School**

Learning through diversity

Humanity, Equality, Aspiration, Respect

About tuberculosis (TB)

TB is an infectious disease that usually affects the lungs. It is caused by bacteria. It can be serious, but it is treatable with antibiotics.

How you get infected with TB

When someone with TB symptoms coughs or sneezes, they release small droplets of bacteria into the air. It is difficult to get TB. You need to have close and regular contact with the infected person and breathe in the infected air. There are 2 types of TB, active and latent.

Active TB

This means the bacteria are active in your body. You:

- have symptoms
- can pass on the infection
- feel ill

Symptoms of active TB

Talk to a GP if you have:

- a cough that does not get better
- been coughing up mucus (phlegm) with blood in it
- a fever or night sweats
- no appetite or weight loss
- extreme tiredness

Latent TB

This means the bacteria are not active in your body. You:

- do not have symptoms
- cannot pass on the infection

TB is treatable

If you get TB, you'll get free tests and treatment in the UK.

Tests for TB

You can get tested even if you do not have any symptoms.

A doctor can use one or a combination of tests to check if you have TB. They include:

- a chest X-ray
- a skin test
- a blood test
- a mucus (phlegm) sample

Who can get TB

Anyone can get TB, but you may be more likely to get it if you:

- spend a lot of time with someone with active TB
- lived in a country where TB is more common
- have a weakened immune system
- live in overcrowded or unhealthy conditions
- regularly smoke, drink alcohol or take drugs
- have had TB before and it was not treated properly

Vaccine for TB

There is a vaccine for TB. It is called the BCG. The BCG is not routinely given as part of the NHS vaccination schedule as it is only recommended for people at higher risk. For more information about the vaccine, visit the NHS website [nhs.uk/vaccinations/bcg-vaccine-for-tuberculosis-tb/](https://www.nhs.uk/vaccinations/bcg-vaccine-for-tuberculosis-tb/).

Learn more about TB

Watch informational videos about latent TB in 7 languages on YouTube. Search for [@TheTruthAboutTB](https://www.youtube.com/@TheTruthAboutTB).

Visit the NHS website or scan the QR code for more information about TB [nhs.uk/conditions/tuberculosis-tb/](https://www.nhs.uk/conditions/tuberculosis-tb/).