

## WHY DO I NEED A TB TEST?

QUESTIONS	ANSWERS
❖ <b>What is a TB test?</b>	A TB test is done to see if TB (tuberculosis) germs are present in the body. The Mantoux/PPD Tuberculin Skin Test method is recommended. Your healthcare provider will inject a small amount of testing fluid under the skin of your arm. In 48-72 hours, you must return to have your arm checked and, if you have a reaction (bump), have it measured.
❖ <b>Why would I need a TB test?</b>	If you are at increased risk of exposure to TB, you should have a TB test. Those at increased risk include individuals who are close contacts of people with active TB disease, were born in a country with higher rates of TB*, or traveled to or lived for more than one month in a country with higher rates of TB. A TB test is also recommended for people who are HIV-positive and those who live or work in certain institutional settings, e.g. health care facilities.
❖ <b>What does a positive TB test result mean?</b>	If your TB test is positive, it means that you have been exposed to TB germs sometime in the past and you are carrying them in your body. You have either latent TB infection or active TB disease. Most people with a positive TB test have latent TB infection, not active TB disease.
❖ <b>What is latent TB infection?</b>	A person with a positive TB test, who has a normal chest x-ray and no other signs of active TB disease, has a latent TB infection. Latent TB infection is NOT contagious, but needs to be treated to prevent development of active TB disease later in life.
❖ <b>What do I do if the test is positive?</b>	If you have a positive TB test, the results will be discussed with you and you will need to be evaluated to be sure that you don't have active TB disease. You will be referred to have a chest x-ray and medical evaluation. Both active TB disease and latent TB infection should be treated.
❖ <b>I had BCG. Why do I need a TB test?</b>	A history of BCG vaccination does not exempt students from the TB test. Most people who have had BCG in the past, but who have not been infected with TB germs, will not have a positive TB test. Most people from high-risk countries who have a positive TB test are infected with TB, even if they have had the BCG vaccine.
❖ <b>When is TB contagious?</b>	A person with untreated active TB disease can spread TB to other people by coughing, laughing, talking or singing. TB medications will make a person non-contagious very quickly and they are usually able to return to school or work within a few weeks.

\* For a list of countries, see reverse side of this page.

**REMEMBER:** People who have a positive TB test with a normal chest x-ray are not contagious, but may need medicine to prevent them from developing active TB.

## WHY DO I NEED A TB TEST?, cont.

### COUNTRIES WITH HIGH RATES OF TUBERCULOSIS (TB)\*

Afghanistan	Djibouti	Lesotho	Peru
Angola	Dominican Rep.	Liberia	Philippines
Armenia	Ecuador	Lithuania	Portugal
Azerbaijan	El Salvador	Macedonia, TFYR	Romania
Bahamas	Equatorial Guinea	Madagascar	Russian Federation
Bahrain	Eritrea	Malawi	Rwanda
Bangladesh	Estonia	Malaysia	Sao Tome & Principe
Belarus	Ethiopia	Maldives	Senegal
Benin	Gabon	Mali	Sierra Leone
Bhutan	Gambia	Marshall Islands	Solomon Islands
Bolivia	Georgia	Mauritania	Somalia
Bosnia & Herzegovina	Ghana	Mauritius	South Africa
Botswana	Guam	Micronesia	Sri Lanka
Brazil	Guatemala	Moldova, Rep.	Sudan
BruneiDarussalam	Guinea	Mongolia	Suriname
Burkina Faso	Guinea-Bissau	Morocco	Swaziland
Burundi	Guyana	Mozambique	Syrian Arab Rep.
Cambodia	Haiti	Myanmar	Tajikistan
Cameroon	Honduras	Namibia	Tanzania, UR
Cape Verde	India	Nepal	Thailand
Central African Rep.	Indonesia	New Caledonia	Togo
Chad	Iran	Nicaragua	Tokelau
China	Iraq	Niger	Turkmenistan
China, Hong Kong SAR	Kazakhstan	Nigeria	Uganda
China, Macao SAR	Kenya	Niue	Ukraine
Colombia	Kiribati	Northern Mariana Islands	Uzbekistan
Comoros	Korea, DPR	Pakistan	Vanuatu
Congo	Korea, Rep.	Palau	Vietnam
Congo, DR	Kyrgyzstan	Panama	Yemen
Cote d'Ivoire	Lao PDR	Papua New Guinea	Zambia
Croatia	Latvia	Paraguay	Zimbabwe

\* World Health Organization. Global tuberculosis control. WHO report 2002.