

## **What is TB and Directly Observed Therapy (DOT)?**

Tuberculosis (TB) is a serious and potentially contagious disease. You will need to take several antibiotics for six (6) months or longer. It takes a long time to treat TB. If you stop your antibiotics too soon you will most likely get sick again. Because the germs have grown stronger, the TB antibiotics taken before may not work again. Directly Observed Therapy (DOT) is the best way to treat TB. DOT means a staff member from York Region Public Health will meet with you on a routine decided between the DOT worker, the public health nurse and you. A Public Health Nurse will arrange a visit to give you information about TB and to introduce your DOT Worker to you.

## **How does the DOT Worker help?**

- TB medications are strong. The DOT Worker will watch for side effects and advise you when to call the doctor.
- The DOT Worker will help you keep follow-up doctor appointments.
- DOT will give you and your family the opportunity to ask questions. This reduces the fears about TB.
- The DOT Worker can improve your health through health teaching.
- The DOT Worker can refer you to appropriate community agencies if the need arises.
- The DOT Worker will help you remember to take your pills.
- The DOT Worker will encourage and support you until your treatment is complete.
- With DOT you may only need to take your antibiotics two times a week instead of every day, depending on your doctor's instruction.

You, your doctor and York Region Community and Health Services will be working together until the completion of your TB treatment. Please feel free to ask the Public Health Nurse and the DOT Worker any questions about your health.

If you have any questions, please call \_\_\_\_\_