

## **Home Isolation for Tuberculosis (TB)**

### **Tuberculosis (TB)**

You have TB of the lungs or throat. TB is contagious and is spread from person to person through the air when you cough, sneeze, talk, laugh or sing. TB is not spread by sharing utensils, plates, cups, clothing, bed linen, furniture, toilets or by shaking hands.

### **Home Isolation**

You must limit your activities when you have an infectious disease like TB until advised otherwise by your doctor or public health nurse.

You must stay at home and away from people to stop the spread of TB and to protect people around you.

You **must not** go to:

- work
- school
- places of worship
- restaurants
- movies
- grocery stores
- shopping malls or any other public place

You **must not**:

- ride on buses, subways, trains or airplanes
- have visitors

### **How to protect your family**

- Sleep in your own room
- Open your windows to let out the TB germs.
- Stay away from young children and people with weak immune systems as they can catch TB very easily.
- Cover your mouth and nose with tissues/sleeve when you cough or sneeze. Throw used tissues in the garbage and wash your hands.

- Always wear a surgical mask when you are around people in your home.
- You can go out for short walks around your neighbourhood without wearing a mask, but stay away from other people.

### **How to protect other people**

- Stay at home and do not have visitors.
- Stay away from public places.
- Wear a surgical mask when you go for a laboratory test, x-ray or to see your doctor.
- If you have to be picked up by an ambulance, inform the paramedics and the hospital emergency department that you have TB.

### **How long you should stay isolated**

The contagious period depends on how well your body responds to your TB medicine. This is based on the results of your sputum tests, x-rays and if your symptoms go away.

Your doctor or public health nurse will let you know when you are no longer contagious and may resume activities. Taking every dose of your TB medicine will kill the germs and cure your TB.

### **Still Have Questions?**

Please call your doctor, Public Health Nurse, or Directly Observed Therapy (DOT) worker.

For more information visit:  
Call 905 830 4444 extension 76000.