

HOW CAN YOU PREVENT TUBERCULOSIS

Keeping your immune system healthy and avoiding exposure to someone with active TB is the best way to prevent a TB infection.

To prevent the transmission of tuberculosis are improving ventilation in door spaces so there are fewer bacteria in the air.

Using germicidal UV lamps to kill airborne bacteria in buildings where there are people at high risk of TB.

To protect your family and friends if you have active TB

Follow these tips to help keep your friends and family from getting sick:

-Stay home. Don't go to work or school or sleep in a room with other people

-Ventilate the room. Tuberculosis germs spread more easily in small closed spaces where air doesn't move. If it's not too cold outdoors, open the windows and use a fan to blow indoor air outside.

-Cover your mouth. Use a tissue to cover your mouth anytime you laugh, sneeze or cough. Put the dirty tissue in a bag, seal it and throw it away.