

What should you do if you think you've been in contact with someone with TB whilst on holiday?

Tell your GP when you get home.

Think TB – if you experience the symptoms of TB make sure you tell your doctor or nurse that you have travelled and now have symptoms of TB, especially if you find out after your return that someone you've been with now has TB.

Keep this leaflet and take it to the doctor with you.

Have a great holiday.

Travel record

Date of travel

Date of return

Country visited

Further information

www.tbalert.org

www.nhs.uk

NHS

Walsall

Clinical Commissioning Group

Travelling with family over the holidays?



Check if the country you're travelling to is high risk for Tuberculosis (TB)

Walsall Clinical Commissioning Group

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Walsall Council



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Travelling to a high risk country may increase your chance of catching TB. Tell your Doctor if you have visited a high risk country and have developed signs of TB. Early diagnosis and treatment can speed up recovery.

What is TB and how is it spread?

Tuberculosis (TB) is a disease caused by bacteria (germs) that is spread from person to person through the air.

TB can affect any part of the body but TB in the lungs or throat is infectious. When a person with infectious TB coughs, sneezes, sings or talks the bacteria can spread through the air. Other people breathing in that air can then become infected.

Anyone can catch TB but young and old people, and those with other illnesses are at more risk.

I've had a BCG vaccination, can I still catch TB?

The BCG vaccination is also known as the TB vaccination.

Yes, it is still possible to catch TB as the BCG vaccination usually only provides protection in about 7 out of 10 people. This protection may reduce as you get older.

What happens if you become infected?

If you breathe in the TB bacteria you may develop the symptoms as shown opposite. These may develop over many months.

Sometimes TB may not cause symptoms until many years later – you won't know it's there and you won't have symptoms. Always think TB and see a Doctor if you become unwell.

What are the symptoms of TB?

General symptoms:

Flu like symptoms, fever, night sweats, no appetite, tiredness, weight loss.

If TB is in the lungs:

A cough lasting 3 weeks or more along with the general symptoms.

Common symptom:

Swollen glands in the neck that don't go away.

How to avoid TB whilst on holiday in a high risk country

Avoid close contact with anyone with or is suspected of having TB, even if they are having treatment.

If possible, avoid enclosed places where people are more likely to have TB such as clinics and hospitals.

TB is common in many countries across the world and if you are staying within the local community in any of the countries shown opposite you are at an increased risk of catching TB.

High risk countries

Afghanistan	Liberia
Angola	Madagascar
Bangladesh	Malawi
Benin	Mali
Bhutan	Marshall Islands
Botswana	Mauritania
Burkina Faso	Mauritius
Burundi	Micronesia
Cote d'Ivoire	Mongolia
Cabo Verde	Mozambique
Cambodia	Myanmar
Cameroon	Namibia
Central African Republic	Nepal
Chad	Niger
Comoros	Nigeria
Congo	Pakistan
DRP Korea	Papua New Guinea
DR Congo	Philippines
Djibouti	Republic of Moldova
Equatorial Guinea	Rwanda
Eritrea	Sao Tome & Principe
Ethiopia	Senegal
Gabon	Seychelles
Gambia	Sierra Leone
Ghana	Somalia
Greenland	South Africa
Guinea	South Sudan
Guinea-Bissau	Swaziland
Haiti	Timor-Leste
India	Togo
Indonesia	Tuvalu
Kenya	Uganda
Kiribati	UR Tanzania
Laos PDR	Zambia
Lesotho	Zimbabwe

