

The Truth about TB



Email: sirona.tb nurse@nhs.net

Telephone: 0117 9543066

Don't wait 'til it wakes ...

What is TB?

Tuberculosis (TB) is a serious infection that spreads through the air when someone with active TB coughs or sneezes. It can affect any part of your body, but most commonly infects the lungs.

Who is at higher risk?

You are more likely to get TB if you:

- Have travelled to or lived in a country where TB is common.
- Have been in close contact with someone who has TB.
- Have a weakened immune system due to illness, medication, or other factors.
- Live in crowded or poorly ventilated conditions.

Active TB vs. Latent TB

- **Active TB:** This is when the TB bacteria are awake and multiplying. You can feel sick and spread the infection to others. Symptoms include cough, fever, weight loss, loss of appetite, night sweats, and tiredness.
- **Latent TB:** This is when the TB bacteria are dormant (asleep) and cannot spread to others. You won't feel sick, but there's a 1 in 10 chance these bacteria may become active later in life.

Why is TB important?

Early diagnosis and treatment are crucial for active TB to prevent spreading and serious health problems. Testing and treating latent TB can prevent it from turning into active TB.

What should you do?

If you're concerned you might have TB, talk to your doctor. For more information on TB, testing, or finding a doctor, visit:

- Website: www.thetruthabouttb.org
- Email: sirona.tb nurse@nhs.net
- Phone: 0117 9543066

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website](#)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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Registered Office

Sirona care & health CIC,
Badminton Rd Office
2nd Floor, Badminton Rd
Yate
BS37 5AF

Company Number: 07585003



/SironaCIC



@SironaCIC



/SironaCIC



/sirona-care-&-health

