

COVID-19 & Tuberculosis

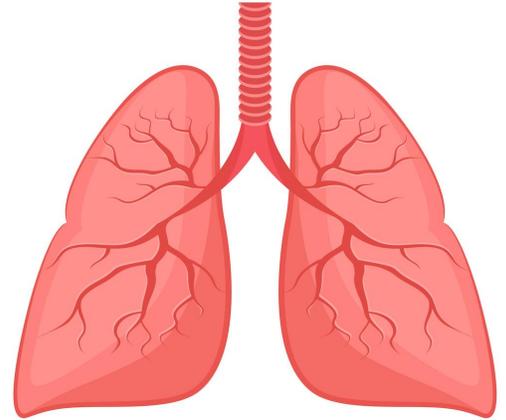
The coronavirus (or COVID-19) pandemic has made the focus on tuberculosis (or TB) prevention and treatment more necessary and urgent in Washington State.

What is COVID-19?

- COVID-19 is a respiratory illness caused by a virus that can spread from person to person.

What is TB?

- TB is a serious and sometimes deadly illness (caused by bacteria) that usually attacks the lungs, but can also affect other parts of the body.
- **There are two types of TB — latent TB infection & active TB disease.**
 - If you have latent TB infection, you can not spread it to others.
 - If left untreated, it can develop into TB disease, which can be spread to others. Conditions and medications that weaken the immune system may increase this risk.



Additional COVID-19 Symptoms

- Symptoms may develop **2-14 days after exposure**
- Other symptoms:
 - new loss of taste or smell
 - sore throat & congestion/runny nose
 - nausea or vomiting
 - muscle or body ache
 - diarrhea

Shared Symptoms

- **BOTH COVID-19 & TB may cause:**
 - cough
 - shortness of breath
 - fever
 - chills
- **Spread when an infected person sneezes, coughs, etc.**

Additional TB Disease Symptoms

- Symptoms may develop **after weeks to years if not treated for latent TB infection**
- Other symptoms:
 - night sweats
 - persistent chest pain
 - coughing up blood or phlegm
 - weight loss or fatigue

Who is at a Higher Risk for TB?

- People who have **lived in or visited another country** other than the US, Canada, Australia, New Zealand, or Western/Northern Europe
- Those who have a **weakened immune system** (for example: HIV, organ transplant, cancer, or medications that suppress the immune system, etc.)
- **Close contact** to someone who has TB disease
- History of **homelessness or incarceration**

How to Protect You and Your Family

- If you're at a **high risk**, it's important to know your status and get treated if you have either latent or active TB
 - Getting **sick with COVID-19 while you have TB** can lead to more severe complications
 - **Strictly follow your TB treatment** as directed by your healthcare provider
- Practice social distancing and wear face coverings
- Wash hands frequently and disinfect surfaces
- Avoid touching the face with unwashed hands
- **Call your healthcare provider** if you have any symptoms noted above.

Where to Get Tested/More Information

- **COVID-19 Testing:** Call 211 or Visit www.doh.wa.gov/Emergencies/COVID19/TestingforCOVID19/TestingLocations
 - **More info on COVID-19:** www.doh.wa.gov/Emergencies/COVID19
- **TB Testing:** www.doh.wa.gov/tb/wheredolgetatbtest
 - **More info on TB:** www.doh.wa.gov/tb

