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| [Document] | [Latent TB Disease Brochure ] |
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| **Latent TB Infection**  **What you need to know to stay healthy** | **潜伏性结核感染**  **如何保持您的身体健康** |
| **What are some of the possible side effects**  **of LTBI medicine?**  Side effects are rare with these pills, but may include…  • Nausea  • Vomiting  • Dark urine  • Skin rash  • Yellow skin and/or eyes  • Loss of appetite  • Numb hands and/or feet | **潜伏性结核感染治疗药可能产生什么副作用?**  这些药很少引起副作用，但是它们的副作用可能包括…  • 恶心  • 呕吐  • 深色尿  • 皮疹  • 皮肤及/或眼睛变黄  • 食欲不振  • 手及/或脚麻木 |
| **If you have any of these side**  **effects, immediately tell your**  **doctor, nurse, or trained health**  **worker from the Department**  **of Public Health.** | **如果您有任何一种副作用，请立刻通知您的医生、护士或公共卫生部受过训练的医疗人员。** |
| **What if I had the BCG vaccine?**  BCG, or Bacille Calmette-Guérin, is a TB vaccine that children often get in countries that have a lot of TB. It may protect them from severe forms of TB disease. BCG shots are not used much in the United States. The vaccine may be effective for about one year. This shot may not keep people from getting TB, especially adult pulmonary TB. | **如果我曾经接种卡介苗(BCG)会怎么样?**  卡介苗(BCG)是在结核病众多的国家常用的儿童结核疫苗。它可能保护儿童免受严重结核病的感染。卡介苗防疫注射在美国并不常用。这种疫苗可以有效一年左右，但不一定能夠完全避免结核感染，尤其是成人的肺结核。 |
| **What role will the Department of Public Health play?**  The Department is concerned about you and your family, and gives treatment for latent TB infection. | **公共卫生部扮演什么角色?**  公共卫生部关心您和您的家人，并且为潜伏性结核感染者提供治疗。 |
| If you are treated by Public Health, you may be seen by a physician or TB Extended Role Nurse (ERN). The ERN is a registered nurse who has had special training in managing patients with latent  TB infection or active TB disease. This service is provided only by the Los Angeles County Department of Public Health. | 如果您在公共卫生部接受治疗，可能由一位医生或结核角色延展护士(ERN)诊治。ERN是注册护士，他们受过特别培训，懂得如何管理潜伏性结核感染者和活动性结核病人。这种服务只有洛杉矶县公共卫生部提供。 |
| **For more information on TB, visit www.publichealth.lacounty.gov/tb**  **or contact your local health department.** | **如需了解更多关於结核的资讯，请造访www.publichealth.lacounty.gov/tb 或联络您本地的卫生部门。** |
| **What is Latent TB Infection (LTBI)?**  Latent TB infection, or LTBI, means that TB germs are alive but “asleep” in your body. If you have latent TB, you will not have symptoms, may not feel sick, and cannot spread TB germs to other people. | **什么是潜伏性结核感染(LTBI)?**  潜伏性结核感染(LTBI)是指结核菌在您的身体里生存，但处於“睡眠状态”。如果您有潜伏性结核感染，您不会有任何症状，不一定生病，而且不会把结核菌传播给别人。 |
| However, if your immune system weakens, these TB germs may “wake up” and multiply. You may then get sick with active TB disease. | 但是，当您的免疫系统变弱时，这些结核菌可以“醒过来”并且繁殖，令您患上活动性结核病。 |
| **What is active TB disease?**  Active TB disease means that TB  germs are alive and “awake” in your  body. If you have active TB disease,  you have symptoms like a bad cough,  night sweats, fatigue, and weight loss.  Also, you can spread TB germs to  other people. | **什么是活动性结核病?**  活动性结核病是指结核菌在您体内生存和“醒过来”。如果您患上活动性结核病，将会出现严重咳嗽、晚上盗汗、疲倦和体重下降等症状，并且可以把结核菌传播给别人。 |
| TB mainly affects the lungs, but it can also affect other parts of the body. If left untreated, TB can lead to death. | 结核主要影响肺部，但是也可以影响身体其他部位。如果不加以治疗，结核可以导致死亡。 |
| **How does someone get infected?**  TB germs are spread in the air when someone who is sick with active TB disease coughs, sneezes, laughs, speaks, or sings. If you breathe in air that has TB germs, you may get infected. However, you cannot catch TB from clothes, dishes, food, bedding, or physical contact with someone who has active TB disease. | **人们怎样感染到结核菌?**  结核菌是透过空气传播的。当活动性结核病人咳嗽、打喷嚏、大笑、说话或唱歌时，结核菌便会散播。如果您吸进含有结核菌的空气，可能会受感染。但是，结核不是从衣服、碗碟、食物、寝具或与活动性结核病人身体接触得来的。 |
| **What is the treatment for LTBI?**  If you have been infected with TB germs, you may become sick with TB. This can happen right away or several years later. | **怎样治疗潜伏性结核感染(LTBI)?**  感染结核菌後，您可能会生病。发病时间可以是即时或在数年之後。 |
| LTBI can be treated with medicine, most often Isoniazid (INH). You must take this medicine for six to nine months. (Children and persons with HIV will need to take medicine longer, for at least nine months.) | 潜伏性结核感染可以用药物来治疗，异烟胼，即Isoniazid(INH)，是最常用的治疗药，这种药物必须服用六至九个月。(儿童和感染爱滋病毒(HIV)的病人服药时间更长，至少为期九个月。) |
| **Why should I take medicine if I don’t feel sick?**  You may develop active TB disease if you do not take medicine for your latent TB infection. Many TB germs are killed after you start taking your medicine, but some stay alive in your body for a long time. As long as you still have TB germs in your body, they can “wake up,” multiply, and make you sick. | **如果我没有任何不适，为什么需要服药?**  如果您患有潜伏性结核感染而不服药，可能会发展成活动性结核病。很多结核菌在您开始服药後便会死亡，但是有一些会在您体内存活一段长时间。只要您体内仍有结核菌，它们便可以“醒过来”、繁殖和令您生病。 |
| If you are taking TB medication, it is important that you finish your medicine, as your doctor or health care provider prescribes. | 如果您正在服用结核药，完全遵照医生或医疗人员的指示服完您的药物是十分重要的。 |
| **What is the difference between latent TB infection and active TB disease?** | **潜伏性结核感染和活动性结核病有什么分别?** |
| Latent TB Infection  No symptoms  Don’t feel sick  Positive skin test (usually)  Chest X-ray normal (usually)  Not contagious (cannot spread TB)  Can develop active TB if treatment  not completed  Active TB Disease  Bad cough for 3 weeks or longer  Coughing up blood  Weakness, fatigue  Weight loss  Lack of appetite  Chills, fever, sweating at night  Positive skin test (usually)  Chest X-ray abnormal (usually) | **潜伏性结核感染**  没有症状  没有不适  皮肤测试呈阳性反应(通常是)  胸部X光结果正常(通常是)  没有传染性(不会传播结核菌)  如果不完成疗程可以发展成活动性结核病  **活动性结核病**  严重咳嗽三星期或更久  咳血  虚弱、疲倦  体重下降  食欲不振  发冷、发烧、夜间出汗  皮肤测试呈阳性反应(通常是)  胸部X光结果异常(通常是) |
| **How can I tell if I have LTBI?**  Get a TB skin test (TST). After you  get a skin test, make sure you go  back to your doctor after two to  three days for your test results. | **我怎样知道自己有没有潜伏性结核感染?**  接受结核皮肤测试(TST)。接受皮肤测试後两三天，您需要回到医生那里检验测试结果。 |
| **What if the skin test result is**  **negative?**  A negative result usually means  you are not infected. If you were in  close contact with someone with active TB disease, you should have another skin test after two to three months. | **如果皮肤测试呈阴性反应该怎办?**  阴性反应通常代表您没有被感染。如果您曾经与活动性结核病人密切接触，应该在两三个月之後再接受一次皮肤测试。 |
| **What if the skin test result is positive?**  A positive skin test result usually means that you have been infected with TB germs, but it does not necessarily mean that you have active TB disease. | **如果皮肤测试呈阳性反应该怎办?**  皮肤测试呈阳性反应通常代表您曾经受结核菌感染，但不一定患有活动性结核病。 |
| Other tests, such as a chest X-ray or sputum (phlegm) sample, are needed to find out if you have active TB disease. | 您需要接受其他测试如胸部X光或验痰才能够知道自己是否患有活动性结核病。 |
| **When should I get the skin test?**  You should get tested for TB if you...  • Have symptoms of active TB  • Have spent a long time with  someone who has active TB  • Have a condition that weakens  your immune system, like HIV  or diabetes  • Have injected illegal drugs  **active TB disease?**  • Have come to the United States  recently from an area with a lot  of TB, such as Latin America,  the Caribbean, Africa,  Asia, or Eastern Europe  • Have worked or stayed in a  nursing home, homeless shelter,  prison, or other group setting. | **我应该何时接受皮肤测试?**  如果有如下状况，应接受结核测试：  • 有活动性结核病症状  • 曾与活动性结核病人长期共处  • 患有削弱免疫系统的疾病如感染爱滋病毒(HIV)或糖尿病  • 曾经注射毒品  • 最近从结核病众多的地区来美国，这些地区包括拉丁美洲、加勒比、非洲、亚洲或东欧  • 曾在护理院、无家可归者收容所、监狱或其他集体生活的地方工作或居留。 |