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| [Document] | Tuberculosis Fact Sheet] |
| [English] | [Simplified Chinese] |
| Tuberculosis (TB) | 结核(TB) |
| **1. What is TB?**“TB” is short for tuberculosis. There are two kinds of TB: **TB infection** and **TB****disease**. **TB infection** means you have “sleeping” (inactive) TB germs in your body and can’t infect anyone. These germs can live in your body without making you sick. **TB infection** can later become **TB disease** when these germs “wake up” (become active) and multiply. If you have **TB disease**, you can infect other people. | **1.什么是TB?**“TB”是结核的英文简称。结核分为**结核感染**和**结核病**两种。**结核感染**是指您的身体里有处於“睡眠状态”(非活动性)的结核菌，但是不会传染给别人。这些病菌可以在您体内生活而不引起症状。当结核菌日後“醒过来”(变成活动性)和繁殖时，**结核感染**便可以变成**结核病**。如果您患上**结核病**，您可以传染给别人。 |
| **2. Who gets TB?**Anyone can get TB. You are more likely to get **TB infection** if you spent time with someone with **TB disease**, recently came to the U.S. from a country with a lot of TB, or if you spent time in a group living situation. You are more likely to get **TB disease** if you have **TB infection** and are HIV positive, are a substance abuser, are very young, are elderly, or have a condition that weakens your immune system, likediabetes or cancer. | **2.谁会染上结核?**任何人都可以染上结核。若您曾经和**结核病**人相处、最近从结核病众多的国家来美国，或曾经过集体生活，患**结核感染**的可能性便较大。若您患**结核感染**并有如下状况，获得**结核病**的机会也较大：爱滋病毒(HIV)阳性、滥用药物、年幼、年老、或患上削弱免疫系统的疾病如糖尿病或癌症。 |
| **3. How is TB spread?**TB is spread through the air from one person to another. TB germs are passed when someone who is sick with **TB disease** of the lungs or throat coughs, sneezes, speaks, sings or laughs. Anyone near the sick person can inhale the TB germs. You can’t catch TB from clothes, dishes, food or body contact with someone who has TB. | **3.结核怎样传播?**结核是透过空气人传人的。肺部或喉咙患有**结核病**的人咳嗽、打喷嚏、说话、唱歌或大笑时都会传播结核菌。患者附近的人都可以吸进结核菌。但是，结核不是从衣服、碗碟、食物或与患者身体接触得来的。 |
| **4. How do you know if you have TB?**A TB skin test is used to help detect **TB infection**. A small needle is used to put a liquid testing material under your skin. In 2-3 days, you return to your health care provider who will check to see if there is a reaction to the liquid. In some cases, a special TB blood test is given to test for **TB infection**.Other tests are needed to show if you have **TB disease**. An x-ray of your chest can tell if there is damage to your lungs from TB. The phlegm (“flem”) you cough up can be tested in a lab to see if there are TB germs in your lungs.If TB disease is in your lungs, you may cough a lot, cough up phlegm, cough upblood, or have chest pain when you cough. You may also feel weak, lose your appetite, lose weight, have a fever, or sweat a lot at night. | **4.怎样知道是否染上结核?**结核皮肤测试是检测**结核感染**的方法。这个测试是用一支细小的针把一种测试液体注入皮肤之下，您需要在两三天内回去见医疗人员，让他或她检查您对测试液体有没有反应。有时需要用特别的结核验血方法来测试您有没有**结核感染**。**结核病**是用其他方法来测试的。拍胸部X光可以看清楚您的肺部有没有受结核菌破坏。在化验所测试您咳出来的痰液可以了解肺部有没有结核菌。如果您的肺部有结核病，您可能会有大量咳嗽、咳痰、咳血或咳嗽时感觉胸痛；您也可能感觉虚弱、食欲不振、体重下降、发烧或晚上大量出汗。 |
| **5. How is TB treated?**If you have **TB infection**, you can take medicine to help prevent getting **TB****disease** later.**TB disease** can be treated by taking several anti-TB medicines. If you have **TB disease**, it is very important that you finish all of your anti-TB medicines and take the medicines exactly as you are told by your health care provider. It takes at least 6 months to 1 year to kill all the TB germs in your body. If you stop taking the medicines too soon, you can become sick again. If you do not take the medicines correctly, the germs that are still alive may become difficult to treat. | **5. 怎样治疗结核?**如果您患上**结核感染**，可以服药来预防它日後变成**结核病**。**结核病**可以通过服用多种抗结核药来治疗。如果您患上**结核病**，完全遵照医生的指示來服用和服完所有抗结核药是十分重要的。您体内的结核菌需要六个月至一年才可以完全杀死。如果您过早停药，可能会再次发病；如果您用药的方法不当，仍然生存的病菌可以变得难以治疗。 |
| **6. Should someone with TB infection be restricted from work?**No, people with **TB infection** are not contagious and can’t spread TB to others. | **6.结核感染患者应否限制上班?**不应该限制。**结核感染**患者不会传染，他们不可能把结核菌传播给别人。 |
| **7. Should someone with TB disease be restricted from work?**If **TB disease** is in your lungs or throat, you can give TB germs to your family and friends. They may become infected with TB germs and get sick with **TB disease**. That is why you may have to be separated from other people until you can’t spread TB germs. Taking your medicines as your health care provider instructs will shorten the time you need to be separated from other people. | **7.结核病患者应否限制上班?**如果**结核病**是在您的肺部或喉咙，您可以把结核菌传染给家人和朋友，他们可能会感染结核菌和患上**结核病**。因此，可能需要安排您和其他人隔离，直至您不会散播结核菌为止。遵照医生的指示服药有助於缩短您需要与人隔离的时间。 |
| **8. What can be done to prevent the spread of TB?**If you have **TB disease**, you need to take all your medicines as directed by your health care provider. You should always cover your mouth when you cough! Your health care provider may recommend that your family and others with whom you have spent a lot of time have a TB skin test. If these people have a positive reaction to the test, their health care provider will probably order a chest x-ray to see if they have **TB infection** or **TB disease**. If they have a negative reaction to the TB skin test, they should have their TB skin test repeated after 2-3 months. | **8. 怎样防止结核蔓延?**如果您患上**结核病**，必须遵照医生的指示服用所有药物。您咳嗽时必须掩住咀巴！医生可能会建议您的家人和曾与您长期共处的人接受结核皮肤测试。如果他们的测试呈阳性反应，他们的医生可能会指示他们拍胸部X光来查看有没有**结核感染**或**结核病**。如果他们的结核皮肤测试呈阴性反应，他们应该在两三个月之後重复该测试。 |
| **Sources**1. *Tuberculosis Facts—TB Can Be Treated.* Centers for Disease Control and Prevention (CDC).www.cdc.gov/tb/pubs/tbfactsheets/cure\_eng.pdf.2. *Tuberculosis Facts — You Can Prevent TB*. Centers for Disease Control and Prevention.(CDC). www.cdc.gov/tb/pubs/tbfactsheets/prevention\_eng.pdf.3. *Tuberculosis Facts—Exposure to TB*. Centers for Disease Control and Prevention (CDC).www.cdc.gov/tb/pubs/tbfactsheets/exposure\_eng.pdf.For more information, please visit the Los Angeles County Department of Public Health web site:www.publichealth.lacounty.gov. | **资料来源**1. *Tuberculosis Facts—TB Can Be Treated.* Centers for Disease Control and Prevention (CDC).www.cdc.gov/tb/pubs/tbfactsheets/cure\_eng.pdf.2. *Tuberculosis Facts — You Can Prevent TB*. Centers for Disease Control and Prevention.(CDC). www.cdc.gov/tb/pubs/tbfactsheets/prevention\_eng.pdf.3. *Tuberculosis Facts—Exposure to TB*. Centers for Disease Control and Prevention (CDC).www.cdc.gov/tb/pubs/tbfactsheets/exposure\_eng.pdf.如需更多资讯，请造访洛杉矶县公共卫生部网址：www.publichealth.lacounty.gov.  |
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