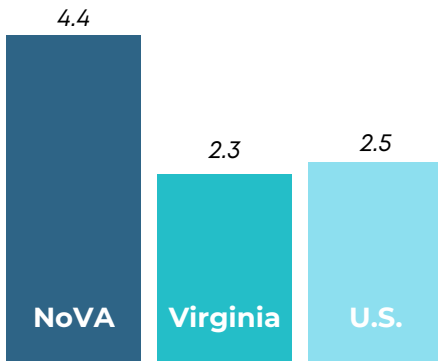


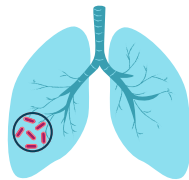
# Take on Tuberculosis (TB) in Northern VA



## 2022 TB Case Rate per 100,000 people

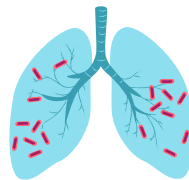


## Latent TB Infection (LTBI) and Active TB Disease



### Latent TB

TB germs live in your body but don't make you sick or contagious



### Active TB

You feel sick and may spread TB

113 people with active TB disease

If untreated, 1 in 10 people can develop active TB and spread the disease

~118,000 people with LTBI

## 90% of NoVA TB cases

occur among people born in other countries.

## 60% are born in

- Afghanistan
- El Salvador
- Ethiopia
- India
- Pakistan
- Peru
- The Philippines
- Vietnam

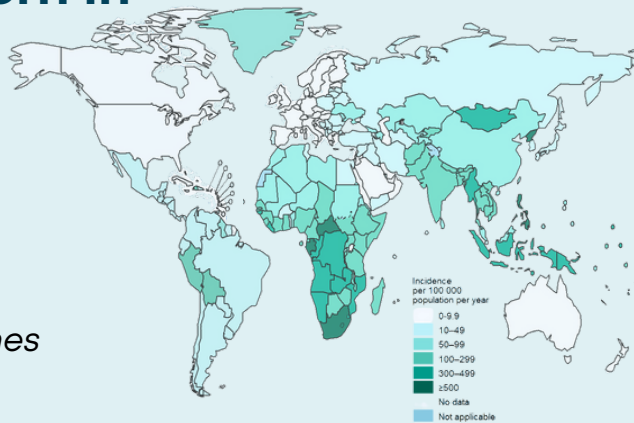


Image: World Health Organization, 2021

## Age

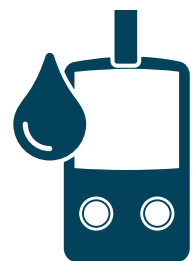


TB affects people of all ages

## #1 Medical

Risk Factor for progression to active TB

~25% of NoVA active TB cases have diabetes



# TB is Preventable and Curable and You Can Make a Difference

**LTBI treatment can reduce the risk of TB disease by 90%.**

This helps protect our community and prevent negative effects on the person, such as **isolation, missed work, hospitalization, and even death.**

## Active TB Symptoms



Cough lasting  $\geq 3$  weeks



Coughing up blood



Shortness of breath



Weight loss



Night sweats



Fever

## THINK

People at high risk include those:

- Born in or who spent  $\geq 1$  month in a country with a high TB burden ([bit.ly/3QkmkUk](https://bit.ly/3QkmkUk)); **or**
- With conditions (e.g., diabetes) or on medication that weakens the immune system ([bit.ly/45w22wE](https://bit.ly/45w22wE)); **or**
- Who ever had close contact to someone with active TB

## TEST

Test high risk patients using:

- Mantoux tuberculin skin test (TST)
- or**
- Interferon Gamma Release Assay (IGRA) blood test (preferred for those who had Bacille Calmette-Guérin (BCG) vaccine)

## TREAT

Treat LTBI as soon as diagnosis is confirmed

.....  
TB medication is the only way to get rid of TB bacteria

.....  
Stopping treatment early or skipping doses reduces effectiveness

## Report TB



Healthcare providers must report **all** presumptive TB cases



Call your local health department to report active TB cases



Scan to report LTBI cases online

([bit.ly/3Q1Ozaf](https://bit.ly/3Q1Ozaf))

## Your Health Department is Here to Help

- Guidance on evaluating potential TB cases
- Case management and treatment for TB disease
- Consultation for LTBI

Alexandria: 703-746-4960

Arlington: 703-228-5200

Fairfax: 703-246-2411

Loudoun: 703-777-0236

Prince William: 703-792-6300

### Resources

CDC LTBI Fact Sheet: [bit.ly/403L2gq](https://bit.ly/403L2gq)

VDH TB Website: [bit.ly/3KD2sKl](https://bit.ly/3KD2sKl)

VDH LTBI Provider Guide: [bit.ly/3qnUKX0](https://bit.ly/3qnUKX0)

U.S. Preventive Services Task Force LTBI Screening in

Adults: [bit.ly/3QkiTbk](https://bit.ly/3QkiTbk)

### Sources

Virginia Electronic Disease Surveillance System, 2022

Tuberculosis — United States, 2022. *MMWR* 2023

[bit.ly/3qGM9oV](https://bit.ly/3qGM9oV)