

# HOME ISOLATION MEASURES FOR PATIENTS WITH TUBERCULOSIS (WHILE CONTAGIOUS)

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## What is Tuberculosis?

Tuberculosis is a disease that spreads through the air from a sick person to a healthy person when the person with tuberculosis coughs, talks or sings. It is not spread by sharing glasses, dishes, utensils, clothes, bedding, furniture or toilets. These items do not require any special cleaning. Without treatment, the sick person may die

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## About home isolation

Home isolation means staying at home and avoiding contact with other people to avoid spreading the disease to them



Fuente: <https://www.cdc.gov/tb>

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## What does home isolation involve?

- **Where:**
  - Try to stay in a single, sunny, well-ventilated room with the door closed
  - Ventilate your room by opening the window (weather permitting)
- **Avoid visitors**, especially children and people with weakened immune systems
- Avoid public places like workplaces, schools, churches, shops, shopping centres, restaurants and cinemas until you have completed your home isolation
- Cancel or postpone any non-medical appointments (like the dentist or hairdresser) until you have completed your home isolation
- Always tell healthcare workers (such as ambulance staff) that you have active contagious Tuberculosis.
- Use private transport and avoid buses, trains, taxis and aircraft
- Cover your mouth and nose with a tissue when you cough, sneeze or laugh
- You can dispose of masks and tissues in normal rubbish bins. Wash your hands frequently, especially after removing your face mask or using a tissue



## 4 Precautions for Patients and Family Members. Barrier measures

- **Patients** should wear a **CLOSE-FITTING** surgical mask that covers the nose and mouth when leaving the room, during transfers, when healthcare staff visit the patient's home or when anyone else comes into contact with the patient
- **Family members** must wear a face mask, either FFP2 or FFP3 respirator type, during contact with the patient. Put it on before entering the room and remove it after leaving. Use a new mask after eight hours

## How long will I have to stay Isolating at home?

The home isolation period is different for each person, but usually until at least three weeks after you have completed effective treatment

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JANUARY

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**TAKE YOUR TUBERCULOSIS MEDICINES AS PRESCRIBED**