

## Latent tuberculosis, patient information

### When prophylactic treatment is not given. County Medical Officers' infection prevention sheet.

#### How does tuberculosis infect?

A person with tuberculosis in the lungs can infect others when the person coughs indoors. Tuberculosis of other organs and latent tuberculosis are not contagious. It is unusual for children before puberty to be contagious. The risk of being infected is greatest if you spend a long time in the same room, e.g. sharing a household.

#### What is latent tuberculosis?

Not everyone who becomes infected gets sick with tuberculosis. In most people, the body's defences can stop the growth of the bacteria. The bacteria may remain in the body but are not active. This condition is called **latent tuberculosis**.

#### Latent tuberculosis is not a disease

If you have been notified after blood tests (IGRA tests) or skin tests (tuberculin tests) that you have latent tuberculosis, you have no disease symptoms due to tuberculosis. You cannot spread these bacteria to other people.

However, there is a risk of developing tuberculosis disease later in life, but the risk is small. Therefore, in most cases there is no need to give any treatment to those who have latent tuberculosis

#### Prophylactic treatment is given in some cases

Some people with an increased risk of getting sick later on are offered prophylactic treatment. Primarily, this applies to pregnancy and after childbirth, to children and adolescents, as well as to people with a weakened immune system, for example during cancer treatment, insulin-requiring diabetes, severe kidney disease. Prophylactic treatment is also sometimes given even to people who have recently been exposed to tuberculosis infection.

#### Medical contact

You have latent tuberculosis, but your doctor assesses that you do not need treatment now. If in the future you suffer from a prolonged cough (more than three weeks), night sweats, fever or involuntarily lose weight, you should consult a doctor with the aim of being examined for tuberculosis. You should also contact a doctor if you become pregnant, or get insulin-requiring diabetes, severe kidney disease, cancer treatment or if you get a weakened immune system for another reason. In these cases you have an increased risk of getting sick with tuberculosis.

#### Contact information (*Kontaktuppgifter*)

Name of clinic (*Namn på mottagningen*)

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Telephone number/telephone hours of the clinic (*Telefonnummer/telefonid till mottagningen*)

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