

# 结核病资料

## 公共健康资料

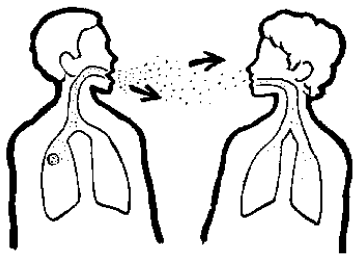
### 什么是结核病？

结核病（英文简称TB），是一种由细菌引起的疾病。人体各个器官都有可能感染结核，但肺部最为容易，故称肺结核。在澳大利亚每年有1000名病人被诊断为肺结核，其中400例在维多利亚州。

### 结核病是如何传染的？

结核病的传染是由于肺部或者喉咙带有活性结核菌的人咳嗽或打喷嚏时，将带菌的飞沫喷到空气中，通过空气传播的。结核病并不是通过握手，衣物，食物，碗盘和接触传染的。

结核病传染性并不是很高。只有当与肺部或者喉咙带有活性结核菌的人近距离或者面对面接触超过几个小时，才会有可能被传染上。一般易被传染的是其家人或者住在一起的人。



### 结核感染和结核病不同

不是所有感染结核细菌的人都会不适。只有5%—10%的人才会真正发病，并有可能是在几年以后才显现出来。剩下90%—95%的感染人群不会有任何症状，也不具有传染性，这种被称为隐形结核感染。免疫系统较弱的人容易在感染结核菌后发病。只有发病的结核病患者才具有传染性。结核病可以通过使用特殊的抗生素治疗和治愈。结核病的症状一般包括：咳嗽持续三个星期以上，发烧，夜间盗汗，体重无故减轻，疲倦，有时也会伴有咳血。

**如果你接触了结核病人，也不用停止你的日常生活，包括上班和上学。**

### 如何检测结核病？

可以通过一种简单的结核菌素皮内试验检测体内是否已受结核菌感染。这种测试是在左前臂进行小剂量皮下注射。如果测试结果呈阳性，则需要进一步检查，比如拍胸片，检查肺部或者通过血检来确定诊断。需要强调的是即使以前感染过结核或者打过结核疫苗

（BCG疫苗）的人其皮内试验结果仍有可能呈阳性。感染了结核菌的人会通过抗生素进行预防治疗来降低发病率或通过定期X光胸片控制肺部情况。

结核病扩大蔓延的很慢，所以一般不会对自身或者你周围人的健康造成立即的影响。从感染结核菌到能够通过皮内试验检测出，通常需要2—3个月的时间。所以检查是否感染上结核菌的最佳时机是在与病源体接触8—10周后。

### 重点总结：

- 结核病，英文简称TB，是一种由细菌引起的疾病。
- 从一个人传染到另一个人的机率不高。
- 结核病不会对自身和身边人的健康造成立即的影响，因为结核病扩大蔓延的很慢。
- 有隐形结核感染的人不具有传染性。
- 只有肺部或者喉咙感染结核菌并发病的人才具有传染性。
- 接触过结核病带菌患者的人可以接受预防治疗或者通过X光片进行监控。

如果有任何疑问和问题请联系卫生署结核病控制中心，电话：1300 651 160。

# Information for contacts of Tuberculosis

## Public health information

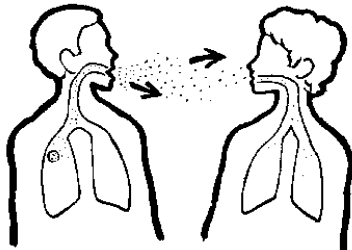
### What is Tuberculosis?

Tuberculosis, or TB for short, is a bacterial infection. It can affect almost any part of the body but most often the lungs; this is called pulmonary TB. In Australia there are just over 1000 cases of TB diagnosed each year, with approximately 400 of these in Victoria.

### How is TB spread?

TB can be spread through the air when a person with active TB disease in the lungs or throat coughs, sneezes or sings. This may cause droplets that contain the bacteria to spray into the air and infect people who breathe them in. You cannot get TB from shaking hands or from clothes, food, dishes or touching things.

TB is not highly contagious and to be infected you usually need close, face to face contact over many hours with someone with active TB in the lungs or throat. Often the people who are most likely to be infected are those in the same house or family.



### There is a difference between TB infection and TB disease

Not everyone who is infected with TB germs gets sick. Only between 5% and 10% of people who are infected go on to develop TB, which could happen many years later. The remaining 90% to 95% don't show any symptoms and are completely well; this is called latent or dormant TB and the germs can't be spread to others. People with weakened immune systems have a greater chance of getting sick with TB. Only those people who are sick with TB in the lungs or throat might be infectious to others. TB can be treated and cured by taking specialised antibiotics. Symptoms of TB include; a cough for more than 3 weeks, fever, night sweats, weight loss, fatigue and occasionally, coughing up blood.

***If you have had contact with someone with TB, there is no reason to stop any of your usual daily activities, including going to work or school.***

### How do you test for TB?

A simple test called a Tuberculin or Mantoux skin test can tell if someone has been infected with the TB germ. This test involves a small injection under the skin of the left forearm. People who have a positive skin test can have further tests such as a chest x-ray, to look at the lungs, or a blood test to confirm the result. It is important to know that people who have previously had infection with TB, or even a vaccination for TB, called a BCG vaccination, could also have a positive skin test. People who are infected with TB can be given preventative treatment with antibiotics to reduce the possibility of developing the disease, or they can have follow-up chest X-rays to monitor their lungs.

TB grows and develops slowly, so there is no immediate risk to your health, or the health of those people close to you. From the time a person is infected to when the infection can be detected by skin testing is about two to three months. This means that the best time to test for TB infection is at least 8 to 10 weeks after the exposure.

### Important points in summary:

- Tuberculosis, or TB for short, is an infection caused by a bacteria (germ).
- The risk of TB transmission from one person to another is low.
- There is no immediate risk to your health, or the health of those people close to you because TB grows and develops slowly.
- People who have dormant infection cannot spread TB to others.
- Only those people who are sick with TB in the lungs or throat may be infectious to others.
- People who have been infected because they have been in contact with TB can be given preventative treatment, or X-ray follow-up.

If you have any further questions or concerns you can contact the Department of Health, TB Control Section on 1300 651 160.