

TUBERCULOSIS in Contra Costa County 2013

57

Number of People Diagnosed with TB Disease in 2013

57.9

Average Number of People Diagnosed with TB Disease, 2003-2012

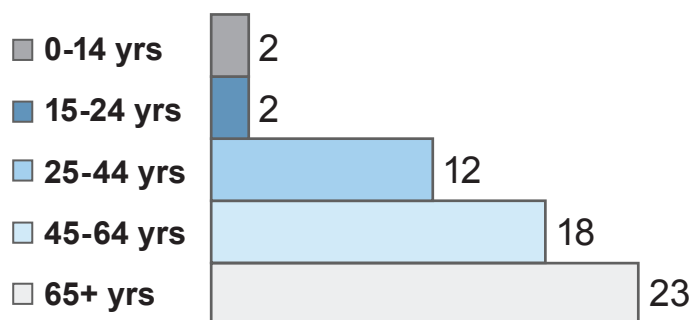
People with TB Disease



3 out of 10 have diabetes

In 2013, people with TB Disease were 3.7 times more likely to have diabetes than people without TB. If a person comes from a country with high rates of TB and has diabetes, they should get tested!

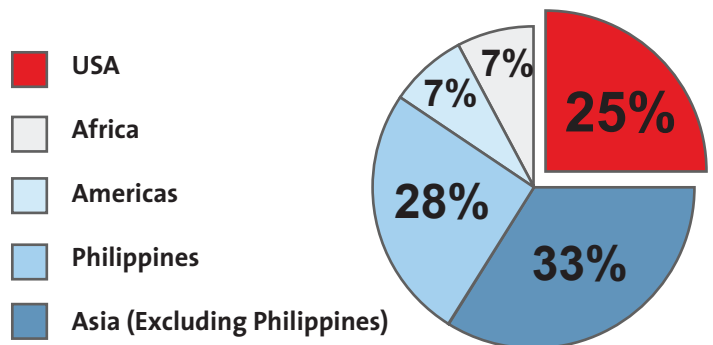
Age Distribution of People with TB Disease, 2013



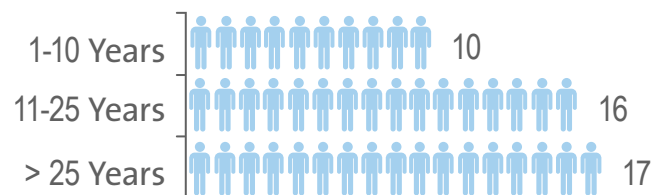
Older people are more likely to get sick with TB disease. They can have latent TB for many years and then get sick as their immune system weakens.

Tuberculosis (TB) is a disease caused by a bacteria that is passed from person to person through the air. Not everyone who becomes infected with TB will become sick: most people will get what is called latent TB. This means they have the TB bacteria in their body but their immune system is keeping the bacteria under control. People with latent TB do not have any TB symptoms and cannot pass on the disease, but they are at risk of getting sick with TB disease in the future if their immune system can no longer keep the TB bacteria under control. Both TB disease and latent TB are treatable and curable!

Origin of People with TB Disease, 2013



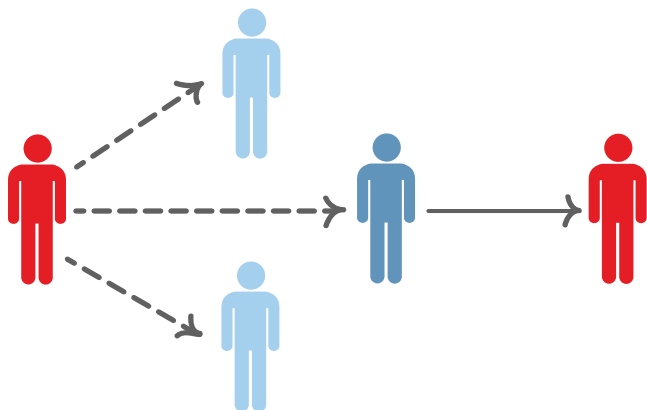
Length of Time in US for Foreign Born People with TB Disease, 2013



If a person comes from a country with a high rate of TB, that person is more likely than other Contra Costa residents to have latent TB infection. 5-10% of people with latent TB will go on to get sick with TB disease—sometimes many years later.

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People who are sick with TB disease have symptoms like **coughing, fever, night sweats and weight loss** that develop slowly over weeks to months (not over days like a cold or the flu).



■ Person with TB Disease ■ Contacts (Family, Friends, Coworkers) ■ Person with Latent TB
- - - - - Contacts ——— Contact that is infected can get sick with TB Disease if not treated

When a person with TB coughs, talks or sings, TB bacteria are released into the air. People who spend a lot of time in close contact with a person who is sick with TB disease can become infected.

When a person is diagnosed with TB disease, Health Department staff make sure the people who have spent a lot of time with that person get tested for TB. These people are called “contacts.” Testing and treating contacts prevents the spread of TB to more people.

 **13**

Average number of contacts exposed by a person with contagious TB in 2013

 **458**

Total number of contacts tested for TB by Contra Costa Public Health in 2013

 **7 Months**

Average length of treatment for TB disease in 2013

 **2500**

Total number of TB medication visits (DOT) by Contra Costa Public Health in 2013

Health Department staff also provide Directly Observed Therapy (DOT) to people with TB. DOT is a service where a Health Department staff member visits a person with TB disease every day to make sure they take their medications correctly. TB treatment takes a long time and if the medications are not taken correctly, the person may not be cured. DOT ensures people get cured, and can no longer infect others.

Prepared by Contra Costa Health Services, Public Health Communicable Disease Programs. Data obtained from the Contra Costa Tuberculosis Program and the California Department of Public Health Tuberculosis Control Branch. California Health Interview Survey and 2012 American Community Survey Data were used to estimate diabetes risk, comparing people with TB to Contra Costa residents.

We would like to acknowledge the hard work of the Contra Costa Public Health staff in controlling Tuberculosis, and in caring for people with TB and their families.

For more information, call the Contra Costa Public Health Tuberculosis Program at 925-313-6740 or visit cchealth.org.