

# Tuberculosis (TB)



SOEEG De Forente Somaliske Kvinner LHL Internasjonal DRAMMEN KOMMUNE VESTRE VIKEN

Thank you for inviting us to be here with you!

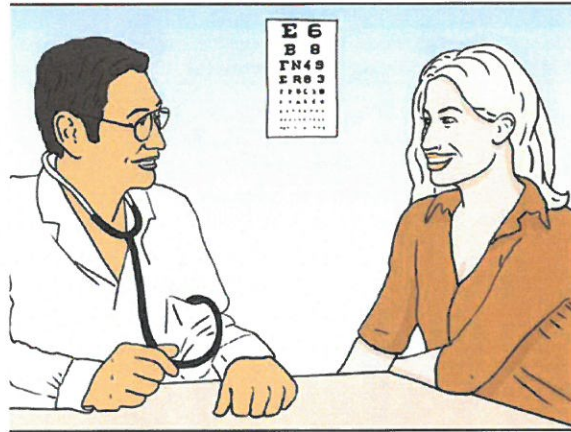
Today we are going to tell you about tuberculosis or 'TB' as it is often called.

This information is developed by people who are immigrants and who work with voluntary organizations and health workers.

**Notes to teacher:**

It would be good if a trusted person could give this information.

## In Norway everyone is given a GP (general practitioner)



You need to book an appointment with your GP.

SOEEG De Forente Somaliske Kvinner LHL Internasjonal DRAMMEN KOMMUNE VESTRE VIKEN

Your general practitioner, or GP, plays an important role in the Norwegian healthcare system. In Norway everyone who has a residency permit has a GP.

### Ask the audience:

Does everyone here have a GP? If you do not have a GP, you can go to the emergency medical clinic.

In Norway you need to call and make an appointment before you can talk with your GP.

If you are very sick, are in pain or have a high fever, you can get an 'emergency appointment' the same day that you make the call. 'Akutt' [emergency] means that you need help right away.

If you cannot wait until the next day, you can go to the emergency clinic. There, you wait in the queue and get an appointment the same day. The best is to visit your GP, who knows your family well.

In Norway, you cannot go to the hospital on your own. Your GP will refer you to the hospital. 'Refer' means to tell the hospital that you need help. In Norway, you often have to wait.

### Notes to teacher:

It would be good if a trusted person could give this information.

Provide the local contact information here for a doctor or nurse at the clinic.

## Doctors and nurses have a duty of confidentiality



SOEEG De forente Somaliske Kvinner LHL Internasjonal DRAMMEN KOMMUNE VESTRE VIKEN

All doctors and nurses in Norway have a duty of confidentiality, as it is called in English. This means that the doctor cannot tell anyone what you tell him/her. The doctor cannot say anything to the police, the immigration authorities or anyone else.

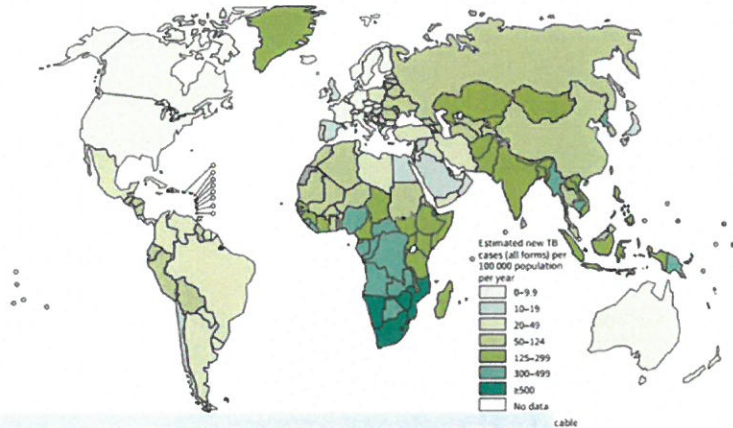
You can trust the doctors, nurses and other health workers in Norway. The interpreter also has a duty of confidentiality.

### Notes to teacher:

It would be good if a trusted person could give this information.

## Many people in the world become ill with TB

Estimated TB incidence rates, 2013



In Norway everyone is cured of TB!

SOEEG De Forente Somaliske Kvinner LHL Internasjonal DRAMMEN KOMMUNE VESTRE VIKEN

Many people in the world become ill with TB every year. This is a map of the world. In countries shown in dark green colour, there is a lot of TB.

In countries shown in light green colour, there is not much TB. In Norway (point) not many people get TB today. Most people with TB come from Africa, Asia and Eastern Europe, but 50-100 years ago, Norway also had a lot of TB. Some people die from TB because they don't go to the doctor, or because they don't get treatment. In Norway, everyone gets well from TB!

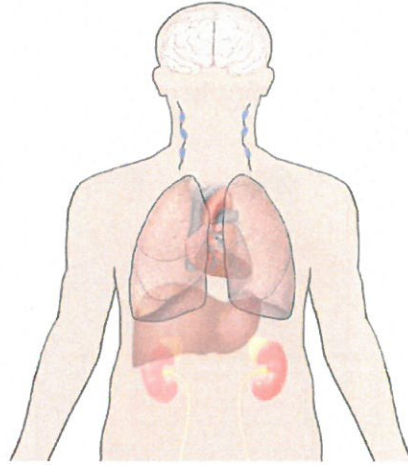
### Notes to teacher:

If you have enough time, you can ask persons in the audience to point at their home country on the map.



## What is TB?

- TB is a disease that is caused by bacteria.
- You can get TB in any part of your body. It is most common to get TB in your lungs.



SOEEG

De Forente  
Somaliske Kvinner

LHL Internasjonal

DRAMMEN  
KOMMUNE

VESTRE VIKEN

### **What is TB? TB is an illness caused by bacteria.**

Many people ask: Where does TB come from? TB bacteria have been with us as long as people have lived on the planet.

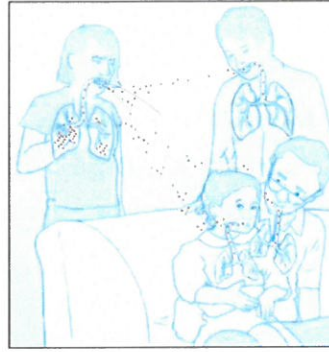
If you have TB bacteria in your body and your body is not strong, you can get sick. Your body can be weak if you have other illnesses, are very tired, live closely with many other people or don't get enough to eat.

You can get TB in all parts of your body, for example in the lungs, as a swelling (lump) on the throat, in the bones or in the brain.

The most common is TB in the lungs. Only TB in the lungs can infect other people.

## How does TB infect people?

- TB infects people when they breathe in the bacteria from the air.
- Most people who get infected do not get sick.



SOEEG

De Forente  
Somaliske Kvinner



LHL Internasjonal



DRAMMEN  
KOMMUNE



VESTRE VIKEN

### How do you get TB?

If you get TB bacteria in your body and your body is not strong, you can get sick. TB bacteria enter the body from the air when you breathe in. This picture shows you how it happens: The red dots are TB bacteria (point at the red dots). In reality, the bacteria are so small that you can't see them, but we have drawn them like this so that you can see them. TB bacteria get into the air when a person who is ill with TB talks, coughs or sneezes. If you are close to a sick person, you can breathe in these bacteria and get them in your body. When you get TB bacteria in your body, we call this getting infected. Getting infected is not easy. You have to be close to a sick person for a long time to be infected (point at sick person). The most common is to be infected by someone you live with. Small children who are infected have a bigger risk of getting ill than older people do. You cannot be infected with TB by drinking from the same glass or having sex. Even if you are infected, you may not get ill from TB. About one-third of all people in the world are infected with TB, but only a few of them get ill. Most people who are infected have the bacteria sleeping inside their bodies. If your body is not strong, the sleeping bacteria might wake up and make you ill. This can happen if you get other kinds of illness, live in overcrowded conditions, are very tired or don't get enough to eat.

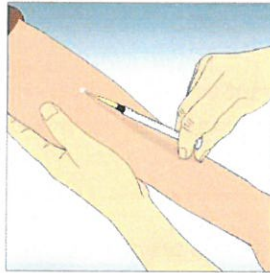
### Notes to teacher:

If needed, refer to the sheet with questions and answers.

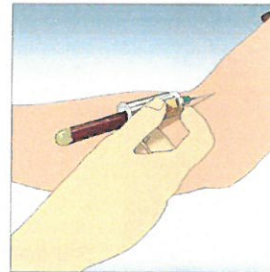
## TB examinations



X-ray of the lungs.



Skin test (Mantoux test).



Blood test.

SOEEG

De Forente  
Somaliske Kvinner

LHL Internasjonal

DRAMMEN  
KOMMUNE

VESTRE VIKEN

Norwegian law says that everyone who comes to Norway from countries where there is a lot of TB have to be checked for TB when they come to this country.

There are several tests to find out whether you have TB:

An x-ray is taken of persons older than 15 years.

The x-ray shows illness in the lungs (for the x-ray picture to be good, you have to take off your clothes down to the waist).

A blood test shows if you have sleeping bacteria in your body.

Sometimes there is also a skin test, called a Mantoux test.

### Ask the audience:

How many of you have taken a blood test and an x-ray? Please raise your hand.

- If the test is negative, it means that you are not ill. This is good!
- If the test is positive, it means that you may have TB bacteria in your body. Then the doctor has to check you.
- Most people with a positive test only have sleeping bacteria in their body and are not ill.
- Normally the body can defend itself against the bacteria, and you stay healthy.
- Sleeping bacteria may be in your body for many years without making you ill, so you may have been infected a long time ago.
- Sometimes the doctor at the hospital gives you medicine to kill the sleeping bacteria. This is called preventive TB treatment.
- Remember that people with sleeping bacteria are not ill, and they cannot make other people ill.



## This often happens in your body when you have TB



You cough  
(for 3 weeks or more).



You have a fever that  
lasts for some time.



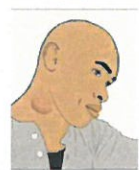
You don't want to eat,  
and you get thinner.



You have night  
sweats.



You feel weak and tired.



You get a swelling or  
lump on your throat,  
under your arms or in  
your groin.

**Anyone who has these symptoms in their body should go to the doctor!**

SOEEG

De Forente  
Somaliske Kvinner

LHL Internasjonal

DRAMMEN  
KOMMUNE

••• VESTRE VIKEN

This often happens in your body when you have TB:

- You cough for a long time – for three weeks or more.
- You have no appetite for food, or you become thinner.
- You feel weak and tired.
- You have a fever over some time, and you feel very hot.
- You sweat a lot at night so that your bedclothes get wet and have to be changed.
- You might also get a swelling or lump on your throat, in your armpits or in your groin, at the top of your thighs.
- If you have TB in these lumps, you will not infect other people.
- Only TB in the lungs can infect other people.

**Anyone who has these signs or symptoms in their body should go to the doctor!**



## Children may have other symptoms than adults:

- Sleeping more than normal
- Getting easily tired
- Eating poorly
- Failure to gain weight
- Sweat at night
- Seldom cough



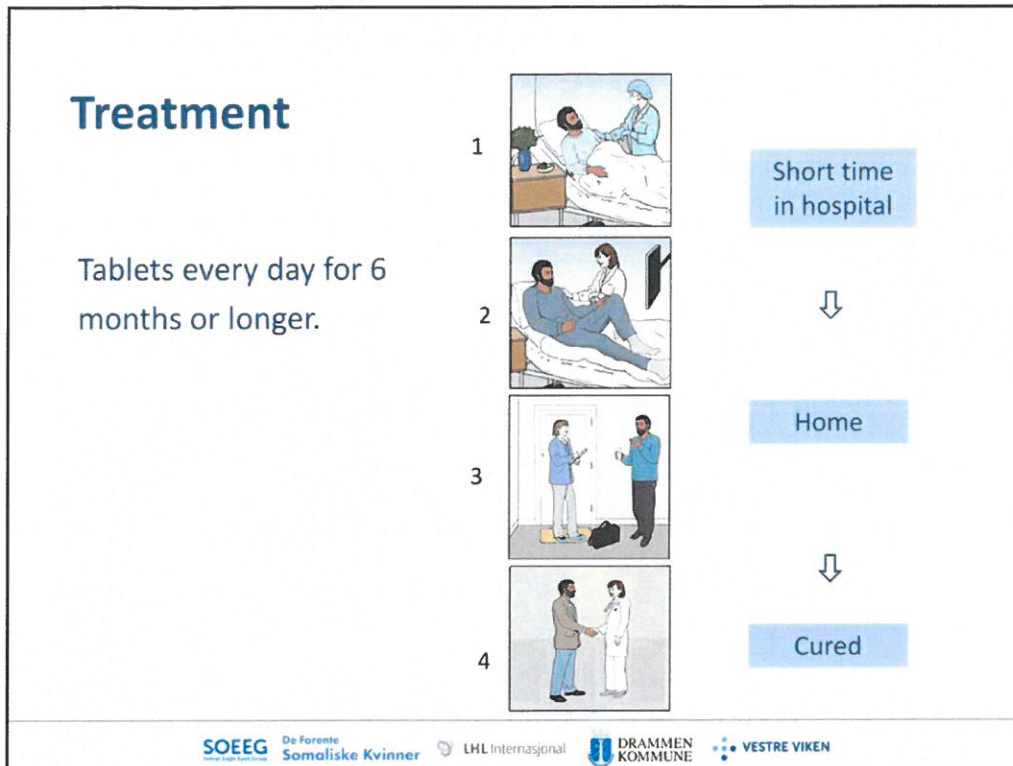
Children can also get TB. Children may have other symptoms/signs than adults.

Children who have TB often sleep more than normal, get easily tired and have less energy, eat poorly and fail to gain weight.

Children who have TB do not cough much.

Even children who have had the BCG vaccine can get TB.

The vaccination protects against the illness, but it does not give full protection.



To be cured you need to take your medicines every day for six months or longer if the doctor says so.

You will have to be in hospital the first two or three weeks, because you can infect others.

After you have taken your medicine for 2–3 weeks, you cannot infect other people and you can leave the hospital and go home.

At the hospital, the nurses will wear face masks, lab coats and gloves. People who come to visit you must also wear these. This is so that visitors will not be infected. It is safe to visit a TB patient in hospital!

When you come home from the hospital, a nurse will visit you every day and give you medicines. You will help to decide at what time the nurse will come to visit you.

People with TB go to the doctor at the hospital and have a TB coordinator who can answer any questions you may have.

## Treatment for TB is provided for free!



SOEEG De Forente Somaliske Kvinner LHL Internasjonal DRAMMEN KOMMUNE VESTRE VIKEN

Treatment for TB is provided for free in Norway. This means you pay nothing.

You do not have to pay for a doctor's appointment, the medicine, your bus ticket or the treatment at the hospital.

**You cannot be infected by sharing a plate, knife, fork, spoon, or glass with people who have TB.**



SOEEG De Forente Somaliske Kvinner LHL Internasjonal DRAMMEN KOMMUNE VESTRE VIKEN

It is safe to eat food together with TB patients who come out of hospital in Norway. You cannot be infected by sharing a plate, fork and knife or glass with someone who is sick.

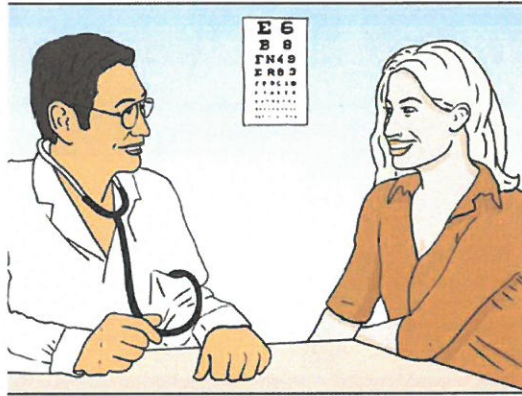
It is important to eat healthy and nutritious food. Eat more vegetables, fruit, fish and meat, and take cod liver oil.  
Eat less salt, sugar and fatty foods.

Many patients don't have the courage to tell their friends they have TB. Why are so many people afraid of TB? Maybe it is because in some countries, lots of people die from TB. It is not like that in Norway. Here you will be completely cured if you go to the doctor and get treatment!

I hope you have learned a lot about TB today and that you can tell other people that they don't need to be afraid of TB.



## Go to the doctor if you have symptoms/signs of TB



SOEEG De Forente Somaliske Kvinner LHL Internasjonal DRAMMEN KOMMUNE VESTRE VIKEN

During wintertime it is cold in Norway. Many people who live here cough because they have a cold, the flu, allergies or asthma.

But if you have been coughing and ill for a long time, it might be TB.

Go to the doctor if you have one or more of these symptoms of TB you have been coughing for many weeks, you lose weight, have a fever, sweat at night, feel weak and tired or have a swelling/lump on your throat, in the groin or under your arms.

You can safely speak with your GP or a nurse. They have a duty of confidentiality.

### Notes to teacher:

Ask the audience what kind of symptoms

**You will receive treatment and get cured**

**Consult a doctor if you have symptoms**

**Doctors are bound to confidentiality**

**Treatment is free of charge**

SOEEG De Forente Somaliske Kvinner LHL Internasjonal DRAMMEN KOMMUNE VESTRE VIKEN

**There are four important things to remember:**

1. You will be cured of TB.
2. Go to the doctor if you have any of the signs of TB.
3. Doctors and nurses have a duty of confidentiality.
4. Treatment is provided for free.