

## TREATMENT PLAN FOR ACTIVE TUBERCULOSIS

**I understand I have/may have active tuberculosis (TB) disease and I need to take TB medications for an extended period of time. I may need to take medications longer than initially told if my clinical condition changes.**

### Things I am required to do:

- Take my medication as prescribed by Directly Observed Therapy (DOT).
  - DOT is when a trained health care worker or other designated individual (excluding a family member) provides the TB medication and watches the patient swallow every dose.
- Call the health department if I am unable to take my medication for any reason.
- Provide sputum samples every 2 weeks until I am no longer contagious or as requested by the physician.
- Provide blood specimens at least monthly or as requested by the physician.
- Tell the health department nurse of any changes in my health.
- Tell the health department nurse if I move or change my phone number. I agree to tell the health department how to reach me in person and by telephone.
- Tell the health department nurse if I plan to travel during my treatment.
- Help identify persons exposed to my TB disease by sharing the places I have been and names of the people I have been around to prevent my family, friends or co-workers from developing TB.

**I am contagious and can spread the disease to others. These isolation instructions remain in effect until I am told by the health department that I no longer have to stay in isolation. After isolation has been stopped, if my clinical situation changes, it is possible I may be required to self-isolate again.**

### Things I need to do to prevent spreading TB to others:

- Remain at home on isolation. To help protect other household members, wear a surgical mask while around them.
- Do not leave home expect to keep medical appointments. Wear a surgical mask to the clinic and doctor's offices.
- Limit activities. Do not travel, go to work, go to school, go shopping or participate in any other activity where I will be in contact with other people.
- Do not allow anyone, other than those living with me or those individuals providing care to me, into my home
- Stay away from young children.
  - Young children are at a much higher risk of developing severe forms of TB including meningitis and death.
  - Always wear a surgical mask if there are children present in the room you are in.
  - If possible, it is best that children be removed from the household until they physician determines you are no longer infectious.

**I understand the need to complete my treatment and that legal action can be taken against me if I fail to follow my treatment plan.**

*Treatment plan to be reviewed with patient and copy provided prior to consent being signed.*

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### **WV Division of Tuberculosis Elimination**

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