

## Am I at risk?



You are at risk if you have lived in any of these countries where TB is very common and:

- Are aged between 16 & 35 years
- Have settled in the England in the last five years
- Have previously lived in an at-risk country displayed below, or visited one of these countries in the last 6 months
- Not previously been tested or treated for TB

## Where can I find more information?

If you want more information talk to your GP or one of the following pharmacies:

- Fourways Chemist,  
36 Denmark Hill, SE5 8RZ
- Lings Chemist,  
269 Old Kent Road, SE1 5LU
- Jamaica Road Pharmacy,  
182 Jamaica Road, SE16 4RT

Or go online:

**Public Health England:**

[www.gov.uk/guidance/tuberculosis-screening](http://www.gov.uk/guidance/tuberculosis-screening)

**The Truth About TB website:**

[www.thetruthabouttb.org/what-is-tb/latent-tb/](http://www.thetruthabouttb.org/what-is-tb/latent-tb/)

**NHS Choices:**

[www.nhs.uk/conditions/tuberculosis/pages/introduction.aspx](http://www.nhs.uk/conditions/tuberculosis/pages/introduction.aspx)

If you require this leaflet in any other language or format, please contact

**NHS Southwark CCG on:**

**Tel:** 020 7525 0400

**Email:** [souccg.southwark-ccg@nhs.net](mailto:souccg.southwark-ccg@nhs.net)



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## Are you at risk...?

# What is TB?

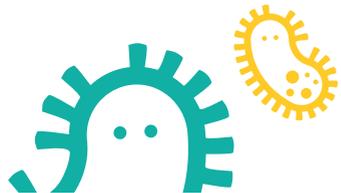
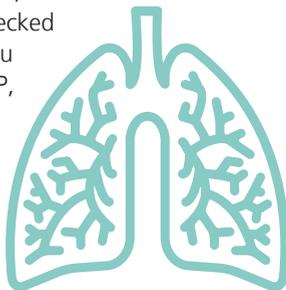
TB (tuberculosis) is an infectious disease that usually affects the lungs, although it can affect almost any part of the body. TB can be latent (hidden or sleeping) or active.

It is caused by bacteria (germs) which are spread through the air. TB bacteria can sleep in your body, often for many years, without making you ill. This is called latent TB. Sometimes the latent TB bacteria can 'wake up' and make you ill. This is called active TB, and when you hear people talk about TB this is usually what they mean.

## It is important to know the symptoms of active TB:

- A persistent cough
- Fever and heavy night sweats
- Loss of weight for no obvious reason
- A general sense of tiredness and being unwell
- Coughing up blood

If you have these symptoms, it is important that you get checked to see if you have TB. If you are worried talk to your GP, go to an NHS walk in centre or phone 111.



# Should I be tested?

We recommend that you get a free latent TB test if you have arrived in the UK from a country where TB is common. You may have caught latent TB before you arrived in the UK.

If you have latent TB, there is a 1 in 10 chance it will become active TB. Although active TB can usually be cured, it is much better not to get sick at all. Fortunately, latent TB can also be treated with a course of special antibiotics. Getting treatment will prevent you from getting ill, and reduce the risk of passing on TB to your family and friends.

## What happens at the test?

The test involves a quick blood test and a few simple questions. Your GP or pharmacist can refer you. If your blood test shows that you have latent TB, you will be given antibiotic treatment lasting three or six months – it is important to finish this treatment.

Your GP may take your blood to be tested, or you will be given a form by your GP or from selected Pharmacies in Southwark (see Where Can I Find More Information? on the back of this leaflet) and asked to visit your local hospital to have your blood taken.

**Guy's Hospital, Great Maze Road, 4th Floor, Tower Wing, SE1 9RT:** Opening 7.30am to 1.00pm Monday to Friday, (last patient entry at 12.30pm)

**King's College Hospital, Denmark Hill:** Open 7.30am to 5.45pm Monday to Friday.

Please do not forget your blood test form given to you by your GP or from selected Pharmacies in Southwark when you visit the hospital.

# What will happen with my results?

The results will go to your regular GP who will contact you to inform you of the result and arranging treatment if you need it. If your GP does not contact you within one month of your blood test please contact them.

Public Health England (PHE) is collecting information from all TB blood tests across the country. This helps them to better understand latent TB and to protect everyone's health.

If you are not happy for us to share your personal information with PHE, tell your doctor, nurse or pharmacist.

If you do not want any information to be shared at all, or require further details and do not have internet access, you can write to:

Head of Public Accountability,  
Public Health England,  
Wellington House,  
133-155 Waterloo Road,  
London  
SE1 8UG

