Tuberculosis (TB) TB is an infectious disease caused by a bacterium named Mycobacterium Tuberculosis. TB usually involves the lungs (pulmonary TB) but can infect almost any organ in the body.

Spread TB spreads through the air, for example, when someone who has pulmonary TB, coughs. TB bacteria from that person’s lungs are then expelled into the air, and may be inhaled into the lungs of another person. The risk of exposure and subsequent infection is linked with the intimacy and duration of contact, the ventilation in the shared environment and the degree of infectiousness of the person with TB.

Symptoms TB usually comes on gradually over a period of weeks. The most common symptoms are: cough (usually for more than three weeks), coughing up blood or sputum (phlegm from deep inside the lungs), pain in the chest, fatigue, weight loss, fever and night sweats.

Test The TB skin test is performed by injecting a small amount of testing liquid into the skin of the forearm. The test needs to be read 48 to 72 hours later by someone trained in reading skin tests. If it’s positive, then a chest x-ray is done to rule out active disease. If the chest x-ray is normal, then the person is likely to have TB infection. Once a skin test is positive, it will most likely stay positive and should not be repeated. Unless a person develops symptoms, one chest x-ray is all that is needed.

Treatment To treat TB several antibiotics need to be taken together over a period of usually six months to a year. For this treatment to be effective it is vital that these medicines be taken regularly and that the treatment be completed. Lengthy treatment is necessary because it is difficult to eradicate TB bacteria from the body.

Data Source: CDPH, Tuberculosis Control Branch

### TB In Sacramento County

#### Number of Tuberculosis (TB) Cases and Rates* Sacramento County, 2004-2013

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<tbody>
<tr>
<td>Rate: Sacramento</td>
<td>11.7</td>
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<td>7.1</td>
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<td>8.1</td>
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<td>TB Cases</td>
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<td>142</td>
<td>97</td>
<td>109</td>
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<td>98</td>
<td>75</td>
<td>63</td>
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Rates*: per 100,000 Population

#### TB Cases by Race/Ethnicity, Sacramento County, 2013

- Caucasian: 65.5%
- African American: 8.3%
- Hispanic: 13.1%
- Asian: 11.9%
- Native Hawaiian/Pacific Islander: 1.2%

#### TB Cases by Type of Therapy Administration Sacramento County and California, 2011

- DOT* Only: 84.7%
- SAT** Only: 0%
- DOT and SAT: 15.3%

### TB Cases by U.S Born and Foreign-Born 2013

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<th>US - Born</th>
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<tr>
<td>California</td>
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</tbody>
</table>

DOT* - Direct Observed Therapy, SAT** - Self Administered Therapy

Sacramento County - Department of Health & Human Services – Division of Public Health
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