



What is TB?

TB is a bacterial infection that can spread through the air from person to person. TB is curable and preventable with treatment.

There are two types of TB:

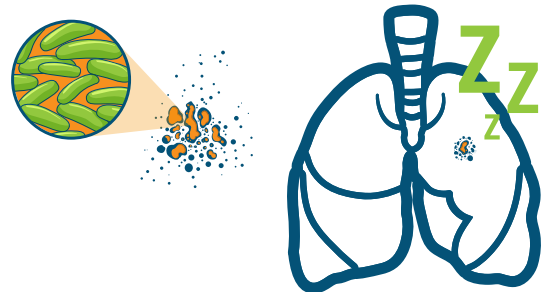
Sleeping (latent) TB is when a person has TB, but does not have symptoms and is not infectious.

Active TB is when a person shows symptoms and is infectious.

TB symptoms include: Persistent cough, chest pain, shortness of breath, fever, night sweats, weight loss, and fatigue.

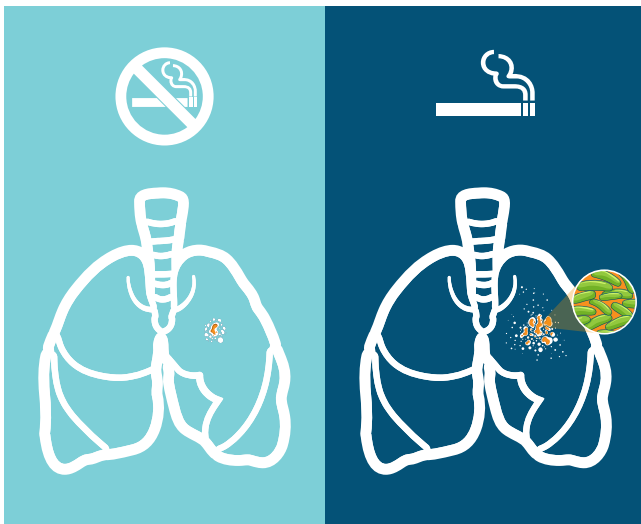
Sleeping (latent infection) TB

- As a smoker, you are more likely to develop sleeping TB than a non-smoker.
- As a smoker it is more likely for sleeping TB to develop into active TB.
- These risks increase with the number of cigarettes smoked per day and the number of years you have been smoking.



Why is smoking a problem for TB?

- Smoking damages your lungs making them more at risk of bacteria infection, like TB.
- Smoking lowers your immune system, so your body has a harder time fighting off the TB bacteria.
- TB medications do not work as well when a person is a smoker.



NUNAVUT TOBACCO REDUCTION PROGRAM

FACT SHEET TUBERCULOSIS (TB) AND SMOKING

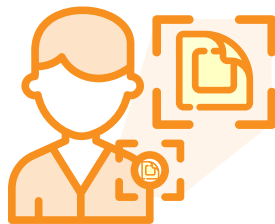


How do you get TB?

TB bacteria enters the body when you breathe in the bacteria in a shared airspace with someone who has TB.

Quitting smoking can...

- Decrease your risk of getting sleeping or active TB
- Improve TB treatment outcomes
- Decrease the chance of getting TB again
- Decrease your chance of dying from TB



What should I do if I have TB and I smoke?

Try to quit smoking or cut down. Quitting or cutting down can make TB less severe and make the treatment work better.



What about cannabis and vaping?

It is best to avoid smoking cannabis and vaping to protect yourself against getting TB.

Second-hand smoke and TB

- Creating a smoke-free house, vehicle and amauti can reduce your family's exposure to second-hand smoke and the risk of developing TB.



How to get help with quitting smoking

Get support from the nurses at the health centre, community health representative, Elders, family, and friends.



Contact the QuitLine
Toll free: 1-866-368-7848
Email: quithelp@gov.nu.ca



See Tobacco Has No Place Here on Facebook.



Go to: www.nuquits.ca



References

For a list of references, email tobacco@gov.nu.ca

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