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| [Document] | [Active TB Disease Brochure] |
| [English] | [Simplified Chinese] |
| **Active TB Disease**  **Take control of your health** | **活动性结核病**  **掌控自己的健康** |
| **What is Directly Observed Therapy?**  DOT is a partnership between you and your health care worker. He or she will make sure that you take all of your TB medicines as prescribed so that you can complete a course of therapy. | **什么是直接监督治疗法?**  直接监督治疗法(DOT)是您和您的医疗人员建立伙伴关系的治疗方法。您的医疗人员会确保您遵照医生的指示服用所有开给您的结核药，以便您能完成疗程。 |
| When you are placed on DOT,  your medicine is given to you by  a trained health worker from the  Department of Public Health  at a time and place that you  both agree on. This may be your  home, clinic, or place of work. | 当您获安排DOT时，公共卫生部受过训练的医疗人员会在您同意的时间和地点给您药物，这可以是您的家、诊所或工作地点。 |
| All TB medicines will be given and evaluation of your TB will be conducted by the Department of Public Health. Its physicians and nurses, who are experts in treating TB, will be in charge of your care. | 所有的结核药都是由公共卫生部交给您，他们也会为您进行结核病况的评估。卫生部的结核专科医生和护士会负责您的护理。 |
| **What role will the Department of Public Health play?**  The Department is concerned about the health of you, your family, and people who spend a lot of time with you. | **公共卫生部扮演什么角色?**  公共卫生部关心您、您的家人和与您长期共处的人的健康。 |
| It is responsible for making  sure that you receive proper  treatment for your TB, and for  preventing the spread of TB  to others. | 它有责任确保您接受适当的结核治疗和预防您把结核传播给别人。 |
| To prevent the spread of TB  to your family and friends,  your health care provider may  recommend that they get a  TB skin test (TST). | 为了防止您的家人和朋友染上结核病，您的医生可能会建议他们接受结核皮肤测试(TST)。 |
| If they have a positive reaction to the skin test, their doctor will probably order a chest X-ray to see if they have TB infection or active TB disease. | 如果他们对皮肤测试呈阳性反应，他们的医生可能会指示他们拍胸部X光来检查有无结核感染或活动性结核病。 |
| If they have a negative reaction to the skin test, they should have the test repeated after two to three months. | 如果他们对皮肤测试有阴性反应，他们应该在两三个月之後重复该测试。 |
| **For more information on TB, visit www.publichealth.lacounty.gov/tb**  **or contact your local health department.** | **如需了解更多关於结核的资讯，请造访 www.publichealth.lacounty.gov/tb**  **或联络您本地的卫生部门。** |
| **What is active TB disease?**  Tuberculosis (TB) disease is said to be “active” when TB germs are alive and “awake” in your body. If you have active TB disease, you have symptoms like a bad cough, night sweats, fatigue, and weight loss. You can spread TB germs to other people. | **什么是活动性结核病?**  “活动性”结核病是指结核菌在您体内生存和“醒过来”。如果您患上活动性结核病，将会出现严重咳嗽、晚上盗汗、疲倦及体重下降等症状，这时您可以把结核菌传播给别人。 |
| TB mainly affects the lungs, but it can also affect other parts of the body. If left untreated, TB can lead to death. | 结核主要影响肺部，但是也可以影响身体其他部位。如果不加以治疗，结核可以导致死亡。 |
| **How does someone get TB disease?**  TB germs are spread in the air  when someone who is sick with  active TB disease coughs, sneezes,  laughs, speaks, or sings. If you  breathe in air that has TB germs,  you may get infected. This means  you have TB germs in your body,  but they are asleep. | **人们怎样得到结核病?**  结核菌是透过空气传播的。当活动性结核病人咳嗽、打喷嚏、大笑、说话或唱歌时，结核菌便会散播。如果您吸进有结核菌的空气，可能会受到感染，那就是说，您的体内有结核菌，但是它们处於睡眠状态。 |
| However, if your immune system weakens, these TB germs may “wake up” and multiply. You may then get sick with active TB disease. You cannot catch TB from clothes, dishes, food, bedding, or physical contact with someone who has active TB disease. | 然而，当您的免疫系统变弱时，结核菌就可以“醒过来”和繁殖，这时您便可能患活动性结核病。结核菌不是从衣服、碗碟、食物、寝具或与活动性结核病人身体接触得来的。 |
| Anyone can get active TB disease. But you are more likely to get it if you have TB infection and are HIV positive, are a substance abuser, are very young or elderly, or have a condition that weakens your immune system, like diabetes or cancer. | 任何人都可以染上结核病，但是，如果您患上结核感染并且有下列状况，则较可能发展成为结核病：爱滋病毒(HIV)阳性、滥用药物、年幼、年老或罹患削弱免疫系统的疾病如糖尿病或癌症。 |
| **What are some of the signs and symptoms**  **of active TB disease?** | **活动性结核病有些什么症狀?** |
| • Bad cough for three  weeks or more  • Chest pain  • Coughing up blood  • Weakness  • Feeling very tired  • Loss of weight  without trying | • 严重咳嗽三星期或更久  • 胸痛  • 咳血  • 虚弱  • 疲倦  • 体重无故下降 |
| • Loss of appetite  • Chills and fever  • Sweating at night  • Positive TB skin test (usually)  • Abnormal chest X-ray (usually) | • 食欲不振  • 发冷发热  • 晚上出汗  • 皮肤测试呈阳性反应(通常是)  • 胸部X光结果异常(通常是) |
| **How is active TB disease treated?**  TB germs are very strong, so it may take a long time for them to die. That is why you need to take all of your medicines, as directed by your health care provider, to treat active TB disease. | **怎样治疗结核病?**  结核菌是十分顽强的病菌，可能需要一段长时间才会死亡。因此，您必须遵照医生的指示服用所有治疗活动性结核病的药物。 |
| You will start off with many kinds of TB medicines, which you will need to take for at least six months. | 开始时您需要服用很多种结核药，而且至少是六个月。 |
| **What are some of the possible side effects of TB medicines?** | **结核病治疗药可能产生什么副作用?** |
| Although side effects are rare with these pills, they may include the following: | 虽然这些药物很少引起副作用，但是下列副作用仍有可能发生： |
| • Continued loss of appetite  • Always feeling tired for  no reason  • Feeling dizzy or sleepy  • Yellow eyeballs  • Yellow skin  • Rash, itching  • High fever | • 持续食欲不振  • 经常无故感觉疲倦  • 头晕或困倦  • 眼睛变黄  • 皮肤变黄  • 紅疹、痕痒  • 高烧 |
| • Blurred vision  • Unusual pain in hands,  feet, joints  • Headache  • Nausea and/or vomiting  • Any other unusual symptoms  • Dark-colored urine (the color  of coffee or tea) | • 视力模糊  • 手脚、关节有不寻常的疼痛  • 头痛  • 恶心及/或呕吐  • 任何不寻常的症状  • 深色尿(茶褐或咖啡色) |
| If you have any of these side effects, immediately tell your doctor, nurse, or trained health worker from the Department of Public Health. | 如果您有任何一种副作用，请立刻通知您的医生、护士或公共卫生部受过训练的医疗人员。 |
| Note: If taking Rifampin, it is common for your bodily fluids (i.e., urine, sweat, and tears) to turn orange or red. This may stain your contact lenses, but is not harmful to you. | 注意：如果您服用利福平(Rifampin)，您的体液如尿液、汗水和眼泪通常会变成橙红或红色，您的隐形眼镜可能会沾上颜色，但是不会对您有伤害。 |
| **What happens if I don’t take the pills as prescribed?** | **如果我不是遵照医生的指示服药会发生什么?** |
| • You can stay sick for a longer time.  • You can pass TB germs to others.  • Your TB germs can become resistant to the medicine you take.  This is very difficult to treat and can take much longer to cure (up to 24 months). | • 您可能会病得更久。  • 您可能会把结核菌传染给别人。  • 您的结核菌可能会对您服用的药物产生抗药性。  这会很难治疗，并且需要更长时间才能治愈(长达24个月)。 |
| To cure you of TB disease, your doctor recommends that you get your medication through Directly Observed Therapy, or DOT. | 为了治愈您的结核病，您的医生建议您通过直接监督治疗法(DOT)来接受药物。 |
| **DOT is a special service given only by the Department of Public Health.** | **DOT是只有公共卫生部提供的特殊服务。** |