

Tuberculosis Contact Education and Notification

Dear Sir/Madam:

We would like to inform you that you were identified to have been in close contact with someone who has active tuberculosis (TB) disease. For your health and according to Article 48 of the Communicable Disease Control Act, persons who have been exposed to patients with communicable diseases or who are suspected of being infected with communicable diseases are mandatory for required examinations.

I. Method of examination:

- (I) People who have close contact with TB patients should be examined by chest x-ray (CXR).
- (II) Eligible people who contact with bacteriologically confirmed TB patients should receive latent tuberculosis infection (LTBI) testing.

II. Health education and related examination of TB

(I) Health education:

Tuberculosis (TB) is an airborne disease caused by a germ called *Mycobacterium Tuberculosis*. TB usually affects the lungs and the general symptoms of TB disease include the following: prolonged coughing for more than 2 weeks, fever, poor appetite, loss of weight, loss of energy, night sweats, and chest pain.

People with LTBI have dormant (sleeping) TB germs in their body, but they do not have the symptoms of TB disease. They cannot spread TB germs to anyone else. However, they may develop TB disease in the near future. Overall, the risk of developing TB disease in a person with LTBI is around 10% during his/her life, and the chance of infected people developing TB disease is the greatest within the first two years of infection. Treatment of LTBI is the best effective way to prevent TB disease.

(II) Chest X-ray: check if you have active TB disease.

※ The date for the 1st CXR: _____

※ The date for the CXR 12 months later: _____ (will be noticed later)

※ The date for the CXR for contact of multidrug-resistant tuberculosis (MDR-TB) cases required for CXR once every six months: _____ (follow-up test will be noticed later)

(III) LTBI test:

This test helps to determine if you are infected with TB. Children under the age of 2 should take the Tuberculin Skin Test (TST), and children aged 2 or above should take the interferon-gamma release assay (IGRA) test. TST can also be given to children aged 2 to 5 if it is difficult to draw blood for IGRA test.

LTBI is not contagious. People with LTBI just need to take proper examination and LTBI treatment, and could get more than 90% protection to prevent active TB disease.

1. TST (Tuberculin Skin Test) :

The test will be conducted on the inside front part of the left forearm. Your response (or of your child) within 48 to 72 hours will be tracked by medical professionals. It is not necessary to cover the injection area, as the hole of needle insertion for injection is tiny. You can move freely as normal after injection. Few people experience swollen or ulcerated injection site due to strong local immune reaction. Just keep the area clean and dry.

※ Date for TST: _____, Date for result reading: _____

2.IGRA: Blood sample of about 4 cc will be taken by medical professionals.

※ Date for IGRA blood sampling: _____

III. Follow-up:

1. Take necessary CXR exam as scheduled by the health authorities in the year ahead, and continue with the self-health monitor. If any problem is detected from CXR, the physician will arrange further examination for active TB disease such as sputum exam.
2. If the result of LTBI test is positive, you(or your child) will be referred for further LTBI preventive treatment evaluation:
 - (i) You will be referred to the specialist physician by the staff of the health authorities to have medical evaluation before starting LTBI Treatment.
 - (ii) The physician will conduct related physical examination on you, determine the regimen of LTBI individually on the basis of the drug susceptibility results of the presumed source patient, medical history, and CXR. It is important to exclude the existence of active TB before LTBI treatment.
 - (iii) If you have been prescribed by physician for treatment after the evaluation, you will be referred to the health authorities for proper care in line with your medication schedule. The directly observed preventive therapy (DOPT) observer will provide assistance in treatment and medication so that you will not forget to take medicine and can complete the treatment. Those who have not received treatment, or failed to complete the treatment, please intensify self-health monitor as suggested and cooperate with the health authorities by taking CXR scheduled 12 months later (Those who have close contact with MDR-TB patients are required to take CXR once every six months, following up for 2 years).

IV. Legal Rules:

According to Paragraph 1 under Article 48 of the Communicable Disease Control Act, Competent authorities may detain, for the reason of case confirmation, persons who have been in contact with patients affected by communicable diseases or who are suspected of being infected; when necessary, they may be ordered to move to a designated place for required measures such as examination, immunization, medication, control of certain designated areas, or isolation. Those who violate these rules are subject to a fine from NT\$60,000 to NT\$300,000. For the protection of your own health, you are asked to support the local health authorities for taking designated examinations after close contact with the patients.

V. Contact us:

The health officer, _____ of the Public Health Center (Bureau) at _____ has explained to you the detail of this notice. If you have further questions, please do not hesitate to contact us at phone number _____ or contact the local health authorities. Our staff will respond to you quickly. If you encounter any problem or unfair treatment in the course of receiving the examination, please contact the local health authorities.



Taiwan Centers for Disease Control care about your health

Receipt of Notice of Examination on Close Contact with TB Patients

I, _____ (Signature) have thoroughly read the notice.

Appointed guardian _____ (Signature)