

Tuberculosis Contact Notification

(For contacts of **MDR-TB** cases)

Dear Sir/Madam:

We would like to inform you that **you were identified to have been in close contact with someone who has multidrug-resistant tuberculosis (MDR-TB) disease. Hence, it is important for you to receive a chest X-ray (CXR) and LTBI test (IGRA or TST).** Further, 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.

What is TB?

Tuberculosis (TB) is a disease caused by a germ called *Mycobacterium tuberculosis* that is spread from person to person through the air. TB usually affects the lungs and the general symptoms of TB disease include feelings of general weakness, weight loss, loss of appetite, fever, night sweats, prolonged coughing, chest pain, or the coughing up of blood.

What is Latent TB Infection (LTBI)?

Persons with latent infection 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 future. Overall, the risk of developing TB diseases in a person with LTBI is around 5-10% in his/her lifetime, and in the possibility of LTBI turning into TB disease is the highest during the first two years after getting infected.

What does multidrug-resistance mean?

Multidrug-resistant TB (MDR-TB) is TB that does not respond to at least isoniazid (INH) and rifampicin (RMP), the 2 most powerful anti-TB drugs. INH and RMP are also drugs used to prevent LTBI from progressing to TB. When TB germs develop **multidrug-resistance**, it means that the treatment of INH **or** RMP is not effective against the TB germs. Therefore, INH **or** RMP will not be recommended for LTBI treatment in persons who have been exposed to infectious patients with **multidrug-resistant** TB.

What Should I Do?

We will arrange CXR and LTBI test for you.

- ◆ **CXR:** To evaluate if you have active TB disease.

1st CXR appointed on (date) _____

2nd CXR at 12 months appointed on (date) _____

- ◆ **TST:** The most common way to tell if you have latent TB infection, which is performed by injecting 0.1 ml of fluid (purified protein derivative) into the skin of the arm. A person given the skin test must return within 48 to 72 hours to record the reaction on the arm.

1st TST injection appointed on (date) _____, read on (date) _____

2nd TST injection appointed on (date) _____, read on (date) _____

- ◆ **IGRA:** IGRA is a complementary examination which can determine LTBI more precisely for contacts aged above 5 years old. Professional personnel will draw a blood sample about 3CC.

IGRA appointed on (date) _____, read on (date) _____

- ◆ **Referral:** If you have a positive LTBI test or an abnormal CXR, you will be referred to chest or infectious disease specialist for further evaluation. If you are suspected of having TB disease based on CXR results, your physician may check your sputum for further diagnosis.

Additional Information

- ◆ Please remember to receive chest X-ray examination as scheduled.
- ◆ Please keep monitoring your health status, if you had TB symptoms, please seek medical care immediately and inform your doctor of the history of **MDR-TB** contact.
- ◆ Maintaining your personal hygiene and a regular exercise routine would prevent the LTBI from progressing to active TB.
- ◆ Provide accurate contact information to your school if you just recently graduated.

Thank you for your cooperation. If you have any questions, please feel free to contact the following person.

Name:
Address:
Phone:
Department of Health, City/County Government:

Signature

I have read and understood the above information

Signature: _____

Print Name: _____

Date: _____

If the contact's age is less than 20 years old, the form must be cosigned by his/her legal representative.