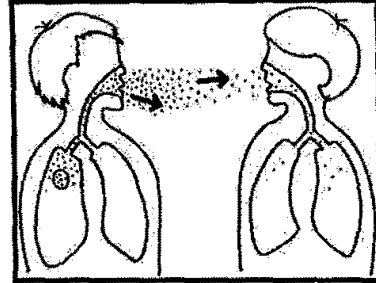




## Home Isolation for Tuberculosis (TB)

You have active TB disease of the lungs. You can spread TB germs through the air to other people when you cough, sneeze, talk, laugh or sing.

You are not sick enough to need hospital care but because you are sick and contagious, you need to rest at home and stay away from other people.



### Home Isolation

Home isolation is when a person is instructed to stay home because of a contagious disease. Home isolation is very important to stop the spread of TB and protect others. Staying home also gives your body time for the medication to work so that you are no longer infectious.

You can stay home and enjoy your indoor living habits instead of being isolated in a hospital room. The health team relies on you to follow home isolation instructions listed below.

### Protect your Family, Friends and Community

- Stay at home. Get plenty of rest and eat healthy food.
- Only people who were already living with you when you were diagnosed with TB can live with you while you are infectious. They don't need to worry because they have already been exposed to TB. They will be the first ones to be checked for TB.
- Any children under 5 years old living with you will be checked quickly and given TB preventive medicine until they have their final TB skin test. Their bodies may not be strong enough to fight TB germs yet.
- Sleep alone in your room, if possible. If you cannot have your own bedroom, only people who were already sharing your bedroom when you were diagnosed can continue to do so.
- Open your windows if weather permits. This will help remove TB germs from your home.
- When you cough or sneeze, cover your mouth and nose with a tissue or your sleeve.
- ⊗ **No** visitors should visit your home and you should **not** visit other people.
- ⊗ **Do not** go to work.
- ⊗ **Do not** go to public places like school, community center, grocery stores, church, indoor sports or hobby facilities, etc.
- ⊗ **Do not** attend social events like birthday party, wedding, music festival, family reunion, funeral service, etc.
- ⊗ **Do not** travel outside of your community.
- ⊗ **Avoid** drinking alcohol while on medication and **avoid** cannabis and smoke while healing your lungs.

## Tips for Home Isolation

- **Do** stay in touch with family and friends - use the phone or computer to talk with people. This can help a lot with loneliness.
- **Do** keep the same habits at home as before like eating and watching television with family members, etc. No need to be isolated in your room.
- **Do** wash as usual utensils, plates, clothes and bed linens you use.
- **Do** ask a family member or friend to get groceries or meals for you.
- **Do** go outside for short walks or rides if you feel strong enough. Many people feel better when they go outside for a short time. When you are outside, you do not need to wear a mask, but avoid close contact with other people (approximately 1 meter if you have to talk to someone).
- **Do** go to the clinic every weekday for your medication. It is the only way to heal your body from TB. Use a facemask when you are inside the clinic.

## Length of Time for Home Isolation

The length of time for home isolation is different for each person. It depends on how you respond to treatment. It may be as short as two weeks or it may be longer. You may be asked to give sputum samples to determine when you are no longer infectious. When your sputum no longer contains the TB germs, your nurse will tell you that you can stop home isolation and go back to your regular activities.

You have read and signed an Information Form explaining your TB treatment.

**Home isolation is part of your treatment plan.**

It is required that you comply to your doctor's order.

If you have difficulties with home isolation, talk to the health team for support.



Adapted from the Toronto Public Health handout dated Dec. 2016