

TALKING ABOUT TUBERCULOSIS (TB) WITH KIDS



It's important to test and treat kids for tuberculosis (TB), especially babies and little ones. They can get really sick from it.

TB can be "sleeping" or active: Children with sleeping TB are not sick and cannot spread TB germs. Unless treated, sleeping TB can turn into active TB. Although active TB can usually be cured, it can make children very sick especially if they are under two or have other health issues. **Both types can be tested and treated.**

Getting your child tested for TB is quick and easy.

A tuberculin test (TB test) is often the first step. Here are some ways to talk to your child about their visit:

- 1 "We're going to the clinic for a quick check up to make sure you're super healthy!"
- 2 "The test is like a tiny pinch on your arm. You will feel it a little, but it's over fast."
- 3 "If the test shows something, you might need a special picture of your chest, called an X-ray. It's like a superhero scan!"

THERE IS SAFE MEDICINE TO GET RID OF TB GERMS IF YOU NEED IT



Did you know?

- TB feels a bit like a cold, but it can make you even more sick.
- If someone gets sick with TB, they might have a cough, fever, feel sleepy, and not want to eat.
- When TB is awake or active, people's coughs and sneezes can spread TB germs in the air and others can catch the disease.
- Even if we don't feel sick, we can have TB that is asleep in our body. This sleeping TB can wake up later and make us sick.
- There is medicine that can get rid of sleeping or awake TB.
- We will have to go see the nurse to find out if we have TB in our body.

Ways to support your children through testing and treatment:

- ◆◆ Be calm and get tested too.
- ◆◆ Pick a special book or game for treatment times.
- ◆◆ Bring a comfort item like a toy or blanket..
- ◆◆ Use a sticker chart to show progress.



[WWW.GOV.NU.CA/EN/HEALTH/TUBERCULOSIS](http://www.gov.nu.ca/en/health/tuberculosis)