

IMPORTANT POINTS TO REMEMBER:

- The medicine is very safe for children.
- Taking medicine for TB infection is the only way to kill the TB germs and keep your child from getting sick with TB disease.
- Your child does not need another TB skin test.
- Keep the letter or card that you receive when your child completes treatment.

TAKE THESE STEPS

- Call the clinic if your child has any problem with the medicine.
- Keep your appointments at the clinic so that your nurse can make sure the medicine is working.
- If you have questions, call the clinic and ask to speak with a nurse.



NAME OF YOUR NURSE:

Clinic Appointments

Questions for Nurse

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Remember: TB can be prevented, treated and cured

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WHATCOM COUNTY

WHAT PARENTS NEED TO KNOW ABOUT TUBERCULOSIS (TB) INFECTION IN CHILDREN



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WHAT IS TUBERCULOSIS (TB)?

Tuberculosis or TB is a disease that, in most cases, affects the lungs. TB is spread from one person to another through the air when people who are sick with TB disease cough, laugh, or sing.

WHAT IS THE DIFFERENCE BETWEEN TB INFECTION AND TB DISEASE?

TB Infection

If a person breathes air that has TB germs, they may get TB infection. This means they only have dormant (sleeping) TB germs in their body and the germs are not making the person sick. **They cannot pass these germs to anyone else.**

TB Disease

TB disease develops from TB infection, if the dormant TB germs in the body wake up and begins to grow, the person will get sick with TB disease. Children with TB infection can become sick with TB disease very quickly if they are not treated.

HOW DO I KNOW IF MY CHILD HAS TB INFECTION?

A TB skin test will tell you if there are TB germs in your child's body. If the skin test is positive, this means your child probably has TB infection. The doctor will examine your child and may order a chest x-ray or other tests to make sure your child does not have TB disease.

HOW IS TB INFECTION TREATED?

TB infection is usually treated with a medicine called isoniazid (i-so-ni-a-zid) or INH for 9 months. INH kills the TB germs in the body. The pills will help keep your child from ever getting sick with TB disease. INH is safe for children. Although INH is available in liquid form, some children do not like the taste or may get diarrhea, so it is generally given in pill form. When your child completes treatment, you will be given a letter or wallet-sized card to keep for your records. This will be helpful in case your child is asked to have another TB skin test in the future.

WHY SHOULD MY CHILD BE TREATED FOR TB INFECTION?

- The medicine prevents TB disease from developing.
- TB can cause life threatening disease and death in children.
- Children are at a higher risk of getting TB disease than adults.
- Children are likely to develop TB disease soon after they become infected with the TB germ.

CAN THE MEDICINE CAUSE ANY PROBLEMS?

Although the medication used to treat TB infection in children is considered very safe, all medicines can have side effects. Stop the medicine and call the clinic immediately if your child has any of these symptoms:

- A rash
- Little or no appetite
- Loss of energy
- Stomach pain
- White part of eyes change to yellow

There are many other medicines that can be taken safely while your child is taking INH. However, you should make sure your doctor knows what other medicines your child is taking.

HOW CAN I GIVE MY CHILD A PILL?



For babies and young children, the pill can be crushed.



The crushed pills can be dissolved in a teaspoon of water.



This can be mixed with a small amount of food such as apple sauce or yogurt.

TRY THESE TIPS TO HELP YOU REMEMBER TO GIVE YOUR CHILD THE MEDICINE:

- Give your child the medicine the same time every day.
- Have your child take the medicine before meals or before bedtime.
- Mark off your calendar every time your child takes a pill.
- Keep the medicine in a place where you cannot miss it, but out of the reach of children.

WHAT SHOULD I DO IF I FORGET TO GIVE MY CHILD THE MEDICINE?

- Give your child the next pill as scheduled.
- Mark the bottle with a check mark or line for each missed dose.
- Bring marked bottle of medicine and any leftover pills with you at your next visit to the doctor.
- Tell the doctor or nurse at your next visit.
- Do **NOT** give your child extra pills the next time to make up for any missed pills.