

Tuberculosis (TB)

What is TB and how is it spread?

TB is short for Tuberculosis, it is a disease caused by a bacteria that is transmitted through the air. This means that someone with TB can spread this illness by coughing, sneezing, speaking, or singing. Another person close by can breathe in the germs and become infected themselves.

The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. Not everyone infected with TB bacteria feels or becomes sick. As a result, two conditions exist including latent TB infection (LTBI) and TB disease. If not treated properly, TB disease can be fatal.

How common is TB?

In 2017, 10.0 million people around the world became sick with TB disease. There were 1.3 million TB-related deaths worldwide.

Who should get tested?

- People who have spent time with someone who has TB disease
- People with HIV infection or another medical problem that weakens the immune system
- People who have symptoms of TB disease (fever, night sweats, cough, and weight loss)
- People from a country where TB disease is common
- People who live or work somewhere in the United States where TB disease is more common (homeless shelters, prison or jails, or nursing homes)
- People who use illegal drugs

Signs and Symptoms

This disease mainly affects the lungs and throat so symptoms may include:

- A bad cough that lasts three weeks or longer
- Pain in the chest
- Coughing up blood or phlegm from deep in the lungs

Other symptoms could include:

- Weakness or fatigue
- Weight loss
- No appetite
- Chills
- Fever
- Sweating at night

Why should you get tested?

- There are medications to treat TB
- If you have a latent TB infection you can prevent the development of TB disease
- TB is a contagious disease and you can prevent your loved ones from getting the disease from you if you receive treatment
- TB is the leading killer of those living with HIV

Where can you get tested?

Ask your primary care physician or your Horizon Health Services clinician for more information about testing and services or visit these locations:

ERIE COUNTY

Community Health Center of Buffalo
34 Benwood Avenue, Buffalo, NY 14214
716-986-9199

Tuberculosis (TB) Clinic - ECDOH

608 William Street, Buffalo, NY 14206
716-858-2172

NIAGARA COUNTY

**Tuberculosis Program -
Niagara County Department of Health**
Trott Access Center
Niagara Falls, NY 14301-1201
716-278-1900





Horizon
HEALTH SERVICES

www.horizon-health.org

Admissions (716)831-1800

With offices throughout Erie, Niagara and Genesee Counties.

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Sources:

Basic TB facts: <https://www.cdc.gov/tb/topic/basics/default.htm>

Tuberculosis General Information:

<https://www.cdc.gov/tb/publications/factsheets/general/tb.htm>

HIV

What is HIV?

HIV stands for human immunodeficiency virus. This is a virus that attacks the body's immune system, specifically the T-cells, that help your body fight off infection and disease. This virus that can lead to acquired immunodeficiency syndrome or AIDS if not treated. When HIV progresses to AIDS, people do not have a strong enough immune system to fight off opportunistic infection and it may lead to severe illness and death.

How is HIV spread?

- Unprotected sexual contact
- Sharing needles, syringes, or other supplies to inject drugs
- From mother to baby through childbirth and breastfeeding

How common is HIV infection?

In 2016, an estimated 1.1 million people in the U.S. were living with HIV.

Who should get tested for HIV regularly?

The CDC recommends that each person age 13-64 get tested at least once per year as part of routine healthcare. You may want to get tested more regularly if:

- If you are a man who has had sex with another man
- If you had sex with an HIV-positive partner
- If you had more than one sex partner since your last HIV test
- If you have injected drugs and shared needles or works with others
- If you have you been diagnosed with or sought treatment for another sexually transmitted disease
- If you have you been diagnosed with or treated for hepatitis or tuberculosis (TB)

Why should you get tested for HIV?

- About 1 in 7 people in the United States have HIV and do not know it
- If you test negative, you can utilize the many prevention tools that are available for free or low cost

Signs and Symptoms

The only way to know for sure if you have an HIV infection is to get tested. However, some possible signs of an early HIV infection may include flu-like symptoms such as:

- Fever
- Chills
- Rash
- Night sweats
- Muscle aches
- Sore throat
- Fatigue
- Swollen lymph nodes
- Mouth ulcers

- With regular medical care and medication, HIV can be controlled
- Early diagnosis and treatment is essential to prevent HIV from developing into AIDS
- If you are pregnant, you should be tested for HIV so that you can begin treatment if you're HIV-positive to prevent transmission to your baby

Why should you get tested for HIV?

Ask your primary care physician or your Horizon Health Services clinician for more information about testing and services or visit these locations:

ERIE COUNTY

Community Access Services

3297 Bailey Avenue, Buffalo, NY 14215
716-852-5969

Erie County Department of Health STD Clinic

95 Franklin Street, Buffalo, NY 14202
716-858-7687

Evergreen Health Services

206 S. Elmwood Ave, Buffalo, NY 14201
716-847-2441

NIAGARA COUNTY

Sexual Health Center

Niagara County Department of Health

1001-11th Street, Trott Access Center,
1st Floor, Niagara Falls, NY 14301
716-278-1900

MORE INFORMATION

New York State AIDS Hotline
(800) 541-2437





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Sources:

CDC-About HIV/AIDS

<https://www.cdc.gov/hiv/basics/whatishiv.html>

HIV Overview

<https://aidsinfo.nih.gov/understanding-hiv-aids/factsheets/19/45/hiv-aids--the-basics>