



National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

TB

transmission, coughing hygiene and
rules of daily behaviour



Tuberculosis (TB) is transmitted by coughing and sneezing. Good coughing hygiene can help stop it from spreading. Temporarily avoiding contact with other people also reduces the risk of infecting other people. That is why it is important to follow certain rules of daily behaviour during the infectious period. This leaflet tells you more about coughing hygiene and rules of daily behaviour for people with open TB.

Transmission

TB spreads through the air, for example in a cough or sneeze. When you cough or sneeze, tiny droplets are expelled from the lungs into the air. If a patient has 'open' pulmonary TB (which affects the lungs), these droplets contain TB bacteria. Anyone who breathes in these bacteria risks becoming infected. The TB bacteria can then multiply in that person's body and later cause TB.

The people who are most at risk of becoming infected are those you interact with most. These include the people you live with, family, friends and colleagues. The bacteria cannot be spread via surfaces or clothing. They also cannot be spread by kissing. If someone has TB, the Municipal Public Health Service (GGD) will also screen that person's close contacts. You will find more information in the leaflet about TB source and contact tracing.

Coughing hygiene

Covering your nose and mouth when you cough stops the droplets with TB bacteria from spreading through the air. This reduces the risk of people near you breathing in the bacteria. This is also known as coughing hygiene. Good coughing hygiene includes the following measures:



- Turn your face away when you cough or sneeze.
- Cough or sneeze into the fold of your elbow.



- Use paper tissues and then throw them away.

Rules of daily behaviour

During the infectious period, it is important to change or limit your contact with others. Most people are no longer infectious after taking medication for about two weeks. The following rules of daily behaviour reduce the risk of infecting other people:

1. During the first few weeks of treatment, only interact with the people in your household. You do not have to avoid them. They do not have to avoid you either.
2. Do avoid new contacts, especially with children.
3. Do not visit other people.
4. Anyone who does or must visit you is advised to wear a special face mask. The GGD nurse will explain how it should be used.
5. It is OK to go for a walk outside, but avoid indoor spaces with lots of people, like supermarkets.
6. If you have an urgent reason to go out (e.g. to the hospital to see the doctor), discuss this with your GGD nurse. This is to avoid other people being infected.
7. Make sure the room you are in is well ventilated and has plenty of daylight.

What do we do with your data?

The GGD follows the rules of the law in handling your personal data that are stored in your medical file.

Any questions, tips, complaints or compliments about the screening?

- Please contact the TB prevention department of the GGD in your region. You can find the contact details on www.ggd.nl and in the vaccination invitation. GGDs have a complaints procedure.
- For more information about TB, go to www.rivm.nl/tuberculose.

This information is available in English at:

Xogtaan oo Soomaali ah waxaa laga heli karaa:

Te informacje można znaleźć w języku polskim na stronie:

ብሕንቋ ትግርኛ ዝተተርጎሙ መልክዕ ናይ'ዚ ሓበሬታ፣ ኣብ'ዚ ዝስዕብ ገጽ ክርከብ ይከኣል፡-

هذه المعلومات متاحة باللغة العربية في هذا الموضوع:

این معلومات به زبان دری در اینجا قابل دسترس است:



www.rivm.nl/en/tuberculosis/information-materials

Published by:

**National Institute for Public Health
and the Environment, RIVM**

PO Box 1 | 3720 BA Bilthoven

The Netherlands

www.rivm.nl/en

March 2022

Committed to *health and sustainability*