

## A message from your Health Officer from the Monmouth County Health Department...

*The Monmouth County Health Department is a full-service health department providing residents with health education, clinical and preventive health services, environmental and consumer health programs, communicable disease control and public health preparedness. Learn more at [www.visitmonmouth.com/health](http://www.visitmonmouth.com/health) or call 732-431-7456.*

### **March 24<sup>th</sup> is World Tuberculosis Day!**

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment.

The general symptoms of TB disease include feelings of sickness or weakness, weight loss, fever, and night sweats. The symptoms of TB disease of the lungs also include coughing, chest pain, and the coughing up of blood. Symptoms of TB disease in other parts of the body depend on the area affected.

How is TB Spread?

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected; this is called latent TB infection.

In total, 12,904 TB cases (a rate of 4.2 cases per 100,000 persons) were reported in the United States in 2008. Both the number of TB cases reported and the case rate decreased. The TB rate in 2008 was the lowest recorded since national reporting began in 1953.

What Should I Do if I Have Been Exposed to Someone with TB Disease?

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. **If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.**

### **What services does the Monmouth County Health Department provide in regards to Tuberculosis?**

The Monmouth County Health Department provides a Tuberculosis Control Clinic staffed by a team of public health nurses, x-ray technicians, and skilled physicians. The TB program provides complete case management including testing, x-rays, physicals, medication management and monitoring for Tuberculosis cases and contacts. Tuberculosis testing services for employees of schools as well as Tuberculosis education and training in proper testing procedures is available.

#### ***Monmouth County Health Department TB Services***

The Tuberculosis clinic is held at the Monmouth County Health Department at 3435 Highway 9 in Freehold. Please call 732-308-3750 to make an appointment.

- **Mantoux testing** is conducted each Monday and Tuesday from 9:00am - 12 noon and from 1:00pm - 4:00pm.
- **Chest x-rays** available each Thursday from 9:00am - 11:00am by appointment only
- **Physician visits** Wednesday 1:00pm - 3:00pm by appointment only

Be Well,

Michael A. Meddis, MPH

Health Officer