

Home Isolation for Tuberculosis (TB) Disease

Tuberculosis (TB) Disease

- TB disease of the lungs and throat is contagious and is spread from person to person through the air when you cough, sneeze, talk, laugh or sing. TB is not spread by sharing utensils, plates, cups, clothing, bed linen, furniture, toilets or by shaking hands.

Home Isolation

You must stay at home and away from people to stop the spread of TB and to protect people around you:

- You must not go to work, school, places of worship, restaurants, movies, grocery stores, shopping malls, or any other public places.
- You must not ride on buses, subways, trains, or airplanes.

How to protect your family

- Sleep alone in a separate room.
- Open the windows in your house if it is not too cold. A breeze may help get rid of TB bacteria. Open the drapes to let sunlight in.
- Stay away from babies, young children and people with weak immune systems as they can catch TB very easily.
- Cover your mouth and nose with your sleeve or tissues when you cough or sneeze. Throw used tissues in the garbage and wash your hands.
- Always wear a surgical mask when you are around people in your home. Public Health will give you these masks.
- You can go out for short walks around your neighborhood without wearing a mask, but stay away from other people. Do not stop and talk with other people.

How to protect other people

- Stay at home and do not have visitors or friends to your home.
- Stay away from all public places.
- Wear a surgical mask for all your TB medical appointments. This includes going for a laboratory test and x-ray. All non-urgent appointments (dentist, hairdresser etc.) must be rescheduled until you are no longer contagious.
- If you need to be picked up by an ambulance, wear a surgical mask and tell the paramedics and the hospital emergency department staff that you have TB disease and are infectious.

Period of Home Isolation

- The contagious period of your TB disease depends on how well your body responds to treatment. This will be based on your symptoms and the results of your sputum tests and x-rays.
- Your doctor or Public Health Nurse will tell you when you are no longer contagious and can go back to your normal activities. Taking every dose of your TB medicine as prescribed by your doctor will kill the TB bacteria and cure your TB.



If you have questions about isolation or TB disease, please contact your doctor or speak with a Public Health Nurse by calling 905-546-2063

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