

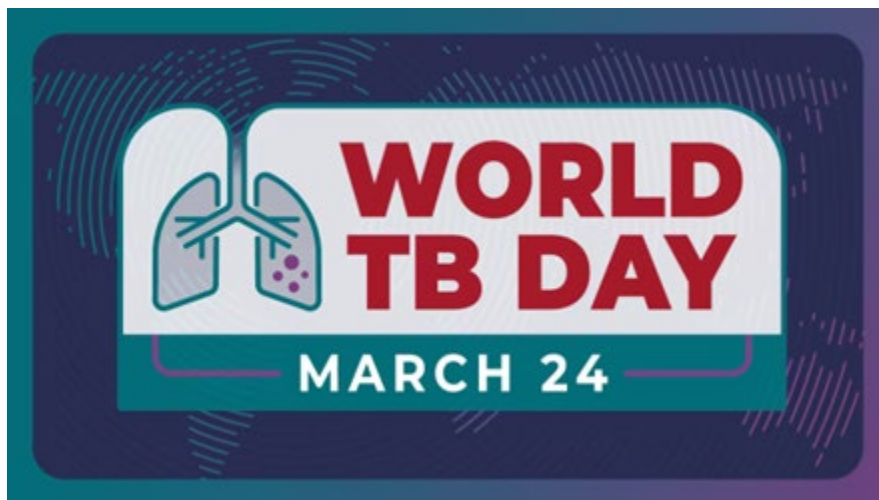


**Kentucky Public Health**

Prevent. Promote. Protect.

**Tuberculosis Prevention & Control**

# Tuberculosis Awareness & World TB Day Resource Guide and Toolkit



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## Why is World Tuberculosis (TB) Day important?

We recognize World TB Day on March 24 each year. This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the bacillus that causes tuberculosis (TB).

World TB Day is a day to educate the public about the impact of TB around the world. CDC, along with our partners and colleagues, share successes in preventing and treating TB. Together, we raise awareness of the challenges that hinder our progress toward eliminating this devastating disease.

CDC and its domestic and international partners are working together to eliminate this deadly disease.

Learn more at: <https://www.cdc.gov/world-tb-day/index.html>

## TB Frequently Asked Questions:

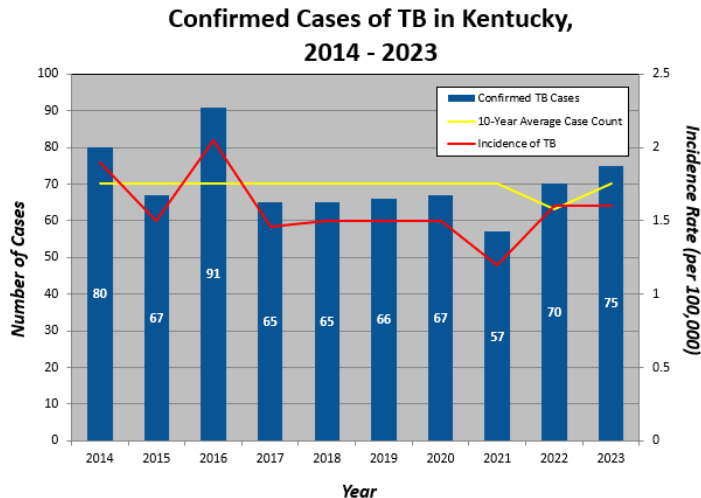
### What is TB?

- TB is a contagious disease caused by a type of bacteria called *Mycobacterium Tuberculosis*. TB can occur in any part of the body (the brain, spine, lymph nodes, etc.), but it most often causes infection in the lungs.
- TB is spread through the air from one person to another. The TB germs are spread into the air when a person with infectious TB disease of the lungs or throat coughs, speaks or sings. People nearby may breathe in these TB germs and become infected.
- When a person breathes in TB germs, the TB germs can settle in the lungs and begin to grow. From there, the TB germs can move through the blood to other parts of the body, such as the kidney, spine or brain.
- TB is not spread by casual contact like hugging, shaking hands or brief encounters.
- TB is one of the world's leading infectious disease killers.
- In 2023, there were 9,600 cases of TB in the U.S. This represents an increase in case count by 15.6% compared with 2022 (8,332 cases of TB disease) and 8.3% compared with 2019 (8,895 cases of TB disease), the year prior to the COVID-19 pandemic.
  - The National Vital Statistics System collects information on reported TB disease-related deaths and releases data after a 1-year lag. TB disease was the reported underlying cause of death for 565 deaths (0.2 per 100,000 persons) in 2022, the most recent year for which data are available. Using unrounded numbers, this represents a:
    - 6.1% decrease in the number of TB-related deaths, and
    - 6.5% decrease in the TB mortality rate per 100,000 persons compared with 2021.
- Globally, TB killed 1.25 million and infected 8 million (2023) (the highest count since the World Health Organization started keeping track in 1995).



### Is there TB in Kentucky?

- In 2023, KY reported 75 active cases across 11 independent counties and 5 districts.
- See below for KYs Confirmed TB cases, 10-year average case count and incidence from 2014 to 2023.



- The Kentucky Department for Public Health works with local health departments to track and monitor active cases of TB. In recent years, the number of active cases has remained steady and there is no indication that Kentucky is experiencing an outbreak at this time.
- [CHFS Tuberculosis Data Webpage](#)

### Who is most susceptible to TB?

You should be tested for TB infection if:

- You have spent time with someone with infectious TB.
- You live in an environment where TB disease is common, including some nursing homes and most homeless shelters, prisons, jails and migrant farm camps.
- You think you might have TB disease.
- You are from countries where TB disease is common, such as Africa, Latin America, the Caribbean and Asia.
- You have HIV infection or another condition that places you at high risk for TB disease.
- You inject drugs and/or share syringes.

Those at high risk for TB disease include:

- People living with HIV or other diseases that weaken the immune system.
- People who became infected with TB within the last two years.
- People who share syringes and/or inject drugs.
- People who have had close contact with someone who has infectious TB.

### **What are the symptoms of TB?**

- [Signs and symptoms](#) include a cough that lasts for three weeks or longer, coughing up blood or phlegm, chest pain, weakness, fatigue, weight loss, loss of appetite, fever, chills and night sweats.
- Some people become infected with TB germs that live in the body for years without causing illness. This is known as [inactive TB](#) or latent TB.
- People with inactive TB do not feel ill, do not have symptoms and cannot spread germs to other people. However, without receiving treatment, people with inactive TB can develop active TB.

### **Do I need a vaccine for TB?**

- A vaccine, known as Bacille Calmette-Guérin (BCG), is commonly given to children in countries where TB is common, although it is generally not recommended in the U.S. due to the low risk of infection with the bacteria, variable vaccine effectiveness among adults and the vaccine's potential interference with TB tests.

### **How can I protect myself from TB?**

- People with inactive tuberculosis (TB), also called latent TB infection, can take treatment to prevent the development of active TB disease.
- People with active TB disease of the lungs or throat may need to take steps to prevent spreading TB germs to others.
- It is important for people to take all TB medicine exactly as prescribed.
- Infection control plans can minimize the risk of exposure to and spread of TB in healthcare settings.

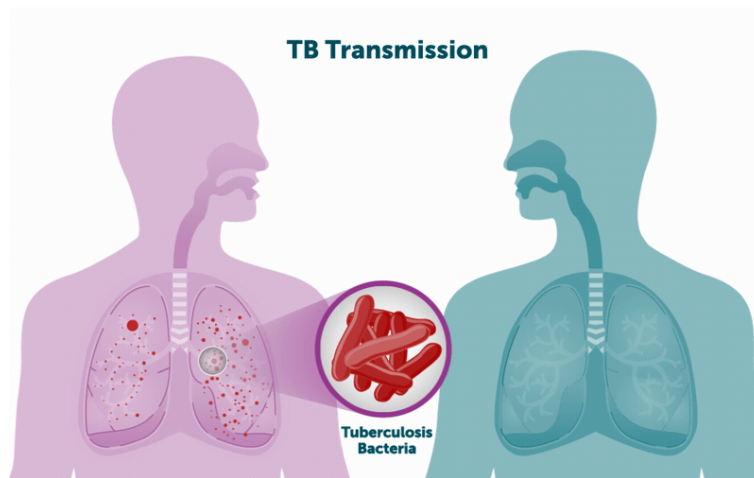
### **How do you get TB?**

[TB](#) is spread through the air from one person to another. The TB germs are put into the air when a person with TB disease of the lungs or throat coughs, speaks or sings.

These germs can stay in the air for several hours, depending on the environment. TB germs are more likely to spread in indoor areas or other places with poor air circulation (such as a closed vehicle) than in outdoor areas. People who breathe in the air become infected with TB. Not everyone infected with TB germs becomes sick.

### **TB germs are **not** spread by:**

- Shaking someone's hand
- Sharing food or drink
- Touching bed linens or toilet seats
- Sharing toothbrushes
- Kissing



TB germs spread through the air from one person to another.

### **Is TB curable? What is the treatment for TB infection?**

People who test positive for TB infection may take medications to keep from developing the TB disease. This usually involves using a drug called isoniazid (INH), which kills inactive TB bacteria and prevents the development of active TB disease. INH is usually taken for 6-9 months. Occasionally, individuals at higher risk for TB are given medication even if they test negative for TB infection. Anyone who tests positive for TB but does not receive preventive therapy must see a doctor immediately if any TB symptoms develop.

### **What do I do if I suspect that I have TB, or if I have been around someone with TB?**

A TB skin test is an easy way to determine whether you have a TB infection. It can be performed at your local health department or doctor's office.

- The skin test (TST) for TB is simple. A small amount of testing fluid is injected just under the skin on the lower arm. Two or three days after the test, a healthcare worker will measure the skin reaction to the test to determine whether the test is positive or negative for TB infection. A positive result usually means you have TB infection. If you test positive, other tests will be performed to determine whether or not you have developed TB disease. These tests can include chest X-rays and laboratory tests.
- An alternative blood testing IGRA (Interferon Gamma Release Assay) method is highly recommended for individuals that may have received BCG (Bacillus Calmette-Guérin) vaccination in their childhood, as a TST may result in a false positive.

### **Can animals get TB?**

- In the United States, most tuberculosis (TB) disease cases in people are caused by germs called *Mycobacterium tuberculosis*.
- *Mycobacterium bovis* (*M. bovis*) is another type of germ that causes TB disease in people.
  - *M. bovis* is most commonly found in cattle and animals such as bison, elk and deer.
- Most people are at very low risk for being infected with *M. bovis*.

#### **People at higher risk include:**

- People who work with
  - Cattle, bison, or cervids (e.g., deer or elk), or
  - Products from these animals such as hides, milk or meat.
- People in occupations or hobbies that may have increased risk, including
  - Ranching,
  - Dairy farming,
  - Working in a slaughterhouse or as a butcher or
  - Hunting.

### **Bovine Tuberculosis**

### **Where do I go for more information?**

[CHFS Tuberculosis \(TB\) Prevention and Control Program Webpage](#)

[Centers for Disease Control Tuberculosis \(TB\) Webpage](#)

#### **Additional Resources:**

[What You Need to Know About Tuberculosis Fact Sheet](#): What You Need to Know About Tuberculosis provides basic information on the transmission, symptoms, testing and treatment of tuberculosis (TB); The fact sheet is intended for a general public audience.

[Questions and Answers About Tuberculosis Booklet](#): Questions and Answers About Tuberculosis (TB) provides information on the diagnosis and treatment of TB infection and TB disease; Key audiences for this booklet are people with or at high risk for TB infection and TB disease.

### World Tuberculosis Day Public Service Announcement:

Each year on March 24, the CDC joins the global community to observe World Tuberculosis (TB) Day—an important moment to reaffirm our commitment to ending TB.

World TB Day, observed annually on March 24, amplifies the urgency of ending tuberculosis—the world’s deadliest infectious disease. TB continues to devastate millions globally, inflicting severe health, social and economic consequences. This year’s theme, **Yes! We Can End TB: Commit, Invest, Deliver** is a bold call for hope, urgency and accountability.

TB remains one of the deadliest infectious diseases worldwide, devastating entire nations and countless lives. Every day, 3,500 people across the world die preventable deaths from TB. If left undiagnosed and untreated, people living with TB can unknowingly spread the disease to others. People who are not treated for TB can potentially infect 10-15 more people each year. The threat of TB anywhere is a threat everywhere.

On World TB Day, and every day, Kentucky joins our national and global partners in creating a healthier world free from TB.

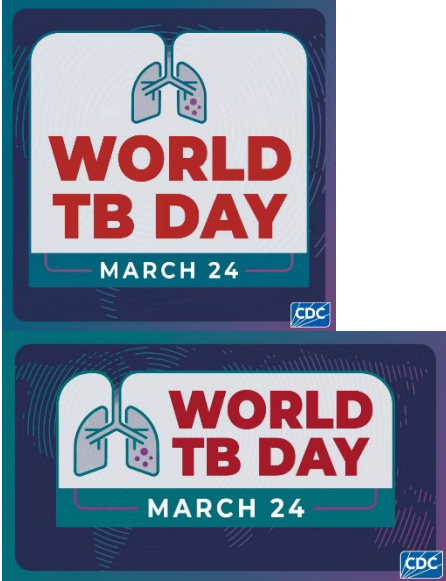
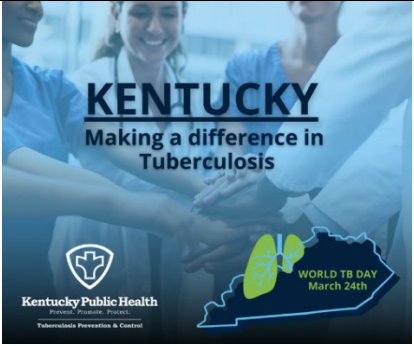
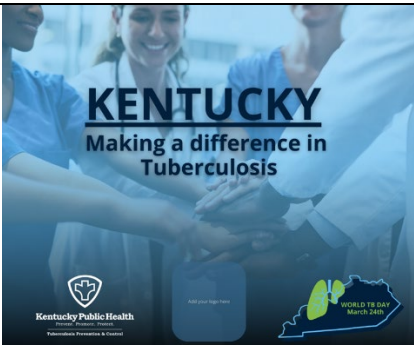
Learn more: <https://bit.ly/WorldTBDay25>




<https://www.who.int/campaigns/world-tb-day/2025>



## Social Media Posts

Use these examples to create posts for your own social media (e.g. Local Health Department social media account, other community social media account, share with local Dr. office or hospitals) See World TB Day March PPT (link) for higher quality images

Post	Topic:	Message:	Graphic
1	March Leading up to World TB Day- World TB Day	March 24 is #WorldTBDAY. Too many people in the U.S. still suffer from TB. Efforts to improve awareness, testing, and treatment of latent TB infection and TB disease among groups at high risk are critical to eliminate TB in the U.S. Find out more: <a href="https://www.cdc.gov/world-tb-day/about">https://www.cdc.gov/world-tb-day/about</a>	
2	Leading up to World TB Day- World TB Day Kentucky	We are making a difference in Tuberculosis in Kentucky. Healthcare professionals across the Commonwealth work together to prevent and control the spread of TB. Efforts to improve awareness, testing, and treatment of latent TB infection and TB disease among groups at high risk are critical to eliminating TB in the U.S. Find out more: <a href="https://www.cdc.gov/tb/index.html">https://www.cdc.gov/tb/index.html</a> #WorldTBDAY	
3	Leading up to World TB Day- World TB Day Kentucky Add your logo	We are making a difference in Tuberculosis in Kentucky. Healthcare professionals across the Commonwealth work together to prevent and control the spread of TB. Efforts to improve awareness, testing, and treatment of latent TB infection and TB disease among groups at high risk are critical to eliminating TB in the U.S. Find out more: <a href="https://www.cdc.gov/tb/index.html">https://www.cdc.gov/tb/index.html</a> #WorldTBDAY	 Reach out to <a href="mailto:Emily.goodwin@ky.gov">Emily.goodwin@ky.gov</a> or <a href="mailto:Tuberculosis@ky.gov">Tuberculosis@ky.gov</a> if you need assistance adding your logo to this graphic.

4	World TB Day-Think Test Treat TB	<p>If you're a healthcare provider, talk to your patients about their risk factors for TB and the importance of testing for and treating latent TB infection. Help bring awareness and combat the stigma this World TB Day. Remember to think, test, and treat</p> <p>TB: <a href="https://www.cdc.gov/think-test-treat-tb">https://www.cdc.gov/think-test-treat-tb</a></p> <p>#WorldTBDay</p>	
5	Talk to your patients about LTBI	<p>On March 24, we observe World TB Day and raise awareness for latent TB infection and TB disease. Efforts to improve awareness, testing, and treatment of latent TB infection and TB disease are critical to ending TB in the U.S. Start the conversation about latent TB infection with your patients today: <a href="https://www.cdc.gov/think-test-treat-tb">https://www.cdc.gov/think-test-treat-tb</a> #WorldTBDay</p>	
6	Providers World TB Day	<p>Healthcare providers, public health professionals, and communities all have a role in TB elimination. Learn how you can think, test, and treat TB: <a href="https://www.cdc.gov/think-test-treat-tb">https://www.cdc.gov/think-test-treat-tb</a> #WorldTBDay</p>	

## Videos

Use these videos for your social media and share with community partners (e.g. Local Health Department social media account, other community social media accounts, share with local Dr. offices or hospitals) See World TB Day March PPT (link) for higher quality images/Video thumbnail should auto-populate in social media

Video	Topic	Message	Video link
1	TB Education Video	On #WorldTBDAY, we aim to educate people and raise awareness for latent TB infection and TB disease. Listen to what TB survivors have to say about this important day: <a href="https://youtu.be/rxXRflGPNVA">https://youtu.be/rxXRflGPNVA</a>	<a href="https://youtu.be/rxXRflGPNVA?si=Mb9hxrKMpL0lf8IF">https://youtu.be/rxXRflGPNVA?si=Mb9hxrKMpL0lf8IF</a>
2	TB Awareness in the U.S.	It's Time to End TB! Listen as these TB survivors share ways to raise TB awareness and end TB in the United States. <a href="https://youtu.be/g_3EeRRxU5I?si=fHkJkPqKGtvCxWA">https://youtu.be/g_3EeRRxU5I?si=fHkJkPqKGtvCxWA</a> #WorldTBDAY	<a href="https://youtu.be/g_3EeRRxU5I?si=fHkJkPqKGtvCxWA">https://youtu.be/g_3EeRRxU5I?si=fHkJkPqKGtvCxWA</a>
3	Kristi's TB Survivor Story	Kristi, a TB survivor, wants to strengthen TB education and awareness among healthcare providers. <a href="https://youtu.be/g6HG_Ud9Z4Q">https://youtu.be/g6HG_Ud9Z4Q</a> #WorldTBDAY	<a href="https://youtu.be/g6HG_Ud9Z4Q">https://youtu.be/g6HG_Ud9Z4Q</a>

### Resources available online

- World TB Day Communication Resources: <https://www.cdc.gov/world-tb-day/communication-resources/index.html>
  - Sample Social Media: <https://www.cdc.gov/world-tb-day/communication-resources/sample-social-media.html>
  - Graphics: (different dimensions for different platforms)
    - World TB Day: <https://www.cdc.gov/world-tb-day/communication-resources/world-tb-day.html>
    - World TB Day: Think. Test. Treat TB: <https://www.cdc.gov/world-tb-day/communication-resources/think-test-treat-tb.html>
    - March 24 is World TB Day: <https://www.cdc.gov/world-tb-day/communication-resources/march-24.html>
  - Videos: <https://www.cdc.gov/world-tb-day/communication-resources/videos.html>
- Communication Resources for General Audiences: <https://www.cdc.gov/think-test-treat-tb/communication-resources/index.html>
- Communication Resources for Health Care Providers: <https://www.cdc.gov/think-test-treat-tb/hcp/communication-resources/index.html>
- Featured TB Resources: <https://findtbresources.cdc.gov/>

