



关于结核病的问题

什么是结核病感染 (TB) ?

结核病是呼吸进结核病细菌引起的。结核病通常影响到肺部，也有可能影响到肾部、骨骼、脊椎、大脑和身体其他部位。

结核病是呼吸进结核病细菌引起的。疾病有可能在细菌进入身体后短时间内就发病，有时要好几年以后才会。结核病活动性细菌的携带者，会有迹象和病症。

结核病感染是呼吸进结核病细菌引起的。大多数情况下，是由于人们与结核病（肺部）的患者接触后传染的。健康人士的免疫（抵抗）系统可以控制感染，是细菌处于休眠状态。感染被称为**潜伏性结核感染**（简称LTBI）。LTBI患者没有任何症状，不会感到不适，也不会将结核菌传播给他人。如没有任何治疗，约10%的潜伏性感染者会发病。

在澳大利亚，活动性结核病和潜伏性结核病都可获得治疗。

结核病有哪些迹象和病灶？

- 咳嗽超过三周以上
- 总是感到疲倦
- 食欲不振
- 没有特殊原因的体重下降
- 发烧
- 夜间盗汗

有时并无任何病灶。

结核病如何传播？

- 结核病感染通常是与未接受治疗的携带者接触，在他们咳嗽或打喷嚏，呼吸进的结核菌引起的。
- 呼吸进的结核菌时通常是与结核菌携带者密切接触后会被传染。

哪些常用结核病测试？

- 胸部X光片—检查结核菌是否影响到肺部
- 痰—检查结核菌是否存在。

哪些常用潜伏性结核病测试？

- 结核菌皮内测试（TST），也成为曼托测试
- 结核诊断验血QuantiFERON。

如何治疗结核病？

- 服用结核病的抗生素药物，一个疗程一般为六个月。
- 您可以带回家服用此药物。一般不需要住院治疗。
- 此药物需要**连续**服用，不能间断。

结核病能治愈吗？

能

- 如早期接受治疗，治疗得恰当，结核病是可以治愈的。
- 遵守医嘱是有效治愈的基本条件。

从哪里可以获得结核病治疗？

结核病诊所提供免费的信息、诊断和治疗。

到结核病诊所需要推介信吗？

- 一般来说，病人是由他们的家庭医生或其他卫生人员推荐来的。但是，我们也接受没有推介信的病人。

我可以要求一个女性医生吗？

结核病诊所男女医生都有，我们会尽力满足您的要求。

我需要付费吗？

诊所的检测、药物和问诊都不需要付费。

结核病患者会传染吗？

- **潜伏性结核病患者不会传染。**
- 肺结核和喉咙结核患者有可能会传染给他人。
- 其他部位的结核病患者不会传染。
- 大多数情况下，服用结核病药物两周后，肺结核和喉咙结核病患者就不会有传染性了。

接触者追踪

西澳结核病控制项目的护士会对每位结核病患者评估，并确认他们接触的人当中哪些需要测试，然后安排测试。

- 接触者通常是家人、亲密的朋友或者同事。
- 接触者追踪都是谨慎和保密处理的。

结核病患者有需要特别注意的事项吗？

肺结核和喉咙结核病患应该：

- 每次咳嗽和打喷嚏时用纸巾盖住嘴
- 限制和外界接触，居家工作/学习/上大学或其他社交活动，直到医生或结核病护士通知他们的传染性消失后才可以。

如果我有结核病，应该告诉谁？

如果您有结核病，或任何人，只有他们的家庭医生和结核病医疗人员知情即可。

结核病会影响我的签字吗？

不会的，移民局会给您过桥签证，直至治疗完成。

有结核病的疫苗吗？

给成人的疫苗不是例行的。

某些情况下也有给儿童的疫苗。

请您参考西澳卫生网站上有关卡介苗的相关信息 [Bacillus Calmette- Guerin \(BCG\) information sheet](#)。

我将去海外工作，被告知我需要注射卡介苗，我能去您的诊所接种吗？

不可以，澳洲卫生健康部不建议给成人接种疫苗。西澳结核病控制项目可以给您结核菌素皮内试验（TST），和西澳政府关于卡介苗接种的政策文件，您可以转交给您的雇主。

那我到其他州可以得到结核病的服务吗？

我们会推荐您其他州结核病服务部门以保证您接受治疗。

更多信息，请参考 西澳卫生官网
[Healthy WA website](#)



西澳结核病控制项目

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Frequently asked questions about tuberculosis

What is tuberculosis (TB)?

Tuberculosis (TB) is an infection caused by bacteria. TB usually affects the lungs but it can involve the kidneys, bones, spine, brain and other parts of the body.

TB disease is an illness caused by active TB bacteria. The illness may occur shortly after the bacteria enter the body, or many years later. Someone with TB disease has active TB bacteria, plus signs and symptoms of illness.

TB infection occurs when a person breathes in TB bacteria. In most cases, this is because they have had exposure to someone with TB disease (in the lungs). In healthy individuals, the immune (defence) system can control the infection by keeping the bacteria inactive. This is called **latent TB infection (LTBI)**. People with LTBI are not sick and cannot spread TB to others. If left untreated, about 10 percent of people will develop TB disease.

In Australia, active and latent TB can be treated.

What are the signs and symptoms of TB?

- A cough lasting more than three weeks
- Always feeling tired
- Loss of appetite
- Unexplained loss of weight
- Fevers
- Night sweats.

Sometimes there are no symptoms.

How is TB spread?

- TB is usually spread by breathing in the bacteria after someone who has untreated lung TB coughs or sneezes.
- People who breathe in the TB bacteria usually need to have very close contact with someone who has TB disease.

What are the common tests for TB disease?

- Chest x-ray - to show whether TB has affected the lungs
- Sputum - to show whether TB bacteria are present.

What are the common tests for LTBI?

- Tuberculin Skin Test (TST), also known as a Mantoux test
- QuantiFERON blood test.

How is TB treated?

- A course of antibiotics for tuberculosis is prescribed, usually lasting six months.
- They are medicines that you can take at home. You do not usually need to go into hospital for treatment.
- The medicine must be taken as prescribed **without interruption**.

Is TB curable?

Yes

- TB is curable if treated early and properly
- Good compliance is essential for an effective cure.

Where do you go for treatment of TB?

Information, diagnosis and treatment are available free of charge from the TB clinic.

Do I need a referral to attend the TB clinic?

- Generally patients are referred by their GP or other health professionals. However, we can see patients without a referral.

Can I request a female doctor?

There are male and female doctors at the TB clinic, and we will try to meet your request.

Do I have to pay for treatment?

There is no charge for the tests, medicines or visits to the TB clinic.

Is someone with TB infectious?

- **People with LTBI are not infectious.**
- People with TB disease of the lungs or throat can be infectious to others.
- People with TB disease in other parts of the body are not infectious.
- In most cases, after two weeks of taking TB medicine, patients with TB disease of the lungs or throat will no longer be infectious.

Contact tracing

The nurse from the WA Tuberculosis Control Program will assess each patient with TB disease and will identify their contacts who need testing and arrange for this to be done.

- Contacts are often family members, close friends or work mates.
- Contact tracing is always done sensitively and confidentially.

Are there special precautions that a person with TB needs to take?

If someone has TB of the lungs or throat, they should:

- Always cover their mouth with a tissue when they cough or sneeze
- Limit contact with others and stay home from work/school/university or social activities until they are advised by the doctor or TB nurse that they are no longer infectious to others.

Who do I have to tell if I have TB disease?

Only your GP or family doctor and TB clinic staff need to know if you or anyone has TB.

Does TB affect my visa?

No, the Department of Immigration will grant you a bridging visa until your TB treatment has been completed.

Is there a vaccine for TB?

Vaccination for adults is not routine.

Vaccination for children is available in certain circumstances.

Please refer to the [*Bacillus Calmette- Guerin \(BCG\) information sheet*](#) on the Healthy WA website.

I am going to work overseas and have been told I need a BCG, can I get this from your service?

No, the Australian Department of Health does not recommend BCG for adults. The WA Tuberculosis Control Program can offer you a Tuberculin Skin Test (see TST pamphlet) and a document outlining the WA policy for BCG vaccination that you can give to your prospective employer.

How can I access TB services if I move interstate?

You will be referred to the appropriate TB service to ensure access to treatment interstate.

For more information, see the [*Healthy WA website*](#)



WA Tuberculosis Control Program

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