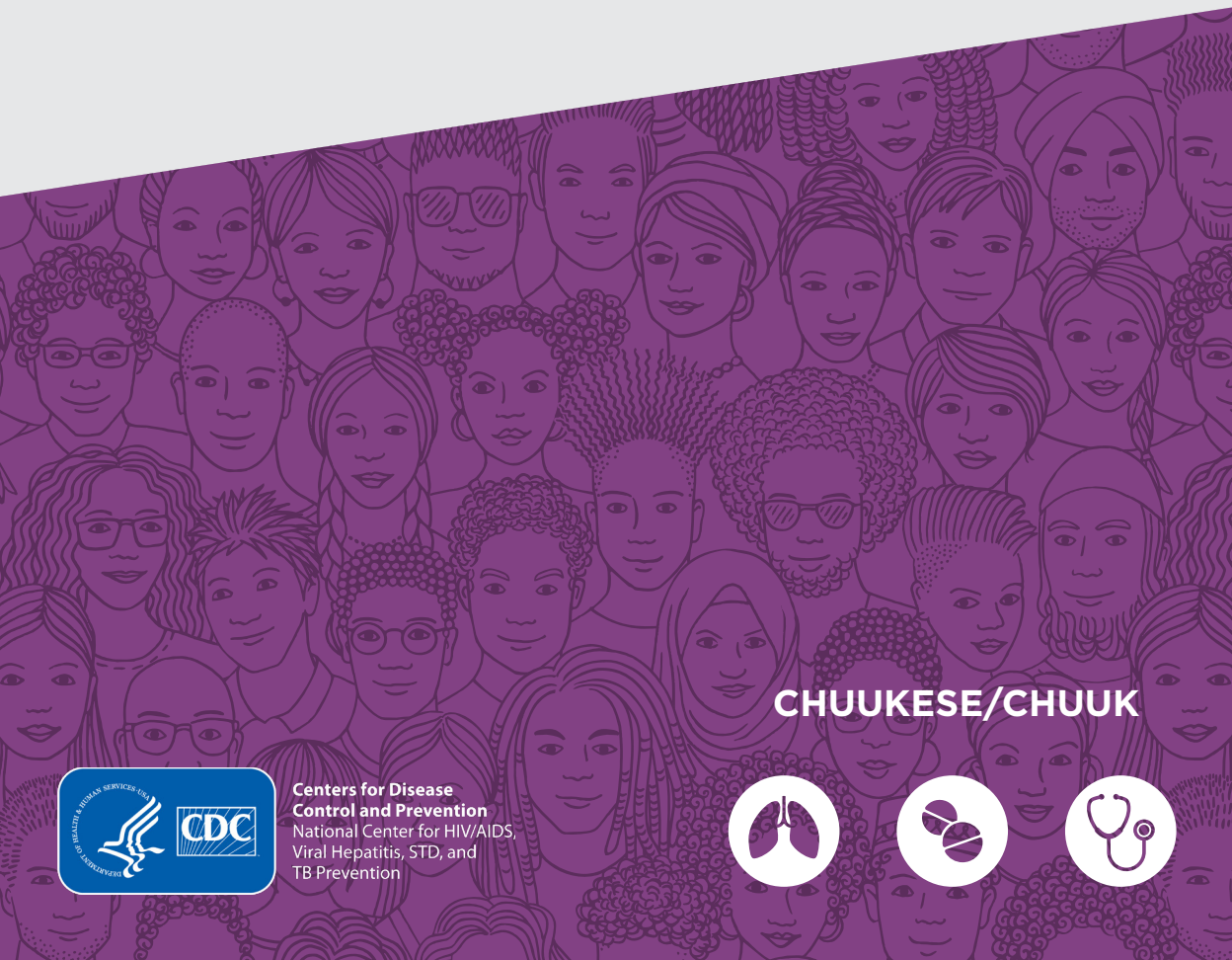


# KAPAS EIS ME PONUWER FANITEN TUBERCULOSIS



CHUUKESE/CHUUK



Centers for Disease  
Control and Prevention  
National Center for HIV/AIDS,  
Viral Hepatitis, STD, and  
TB Prevention



# KAPAS EIS ME P ONUWER FANITEN TUBERCULOSIS 2021



Kapas Eis me Ponuwer faniten Tuberculosis (TB) a awora porousen sefeien menun ewe semwen TB. Ei pwuk a mak fan esenesin ekewe aramas ir mi kane ngenir ei semwenin TB; ekewe aramas ra angang ngeni chon kane ngenir ei semwen TB, awewe ren chon mamasa mi fotek ika kanapus, chon angangen ekewe imwen homeless, chon angangen emerchensi; me ekewe aramas ra mochen sinei porousen tuberculosis. Ren sopwosopwen porousen TB, kose mochen fisit ewe [CDC TB website](https://www.cdc.gov/tb).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention  
National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention  
Division of Tuberculosis Elimination

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## Met ei TB?

Tuberculosis (TB) a fisita seni och menun paiking iten *Mycobacterium tuberculosis* (*M. tuberculosis*). Ewe menun paiking, ika germs a fiuw ngeni ach neenien ngasangas. Menun TB a tongeni fiuw ngeni ese nifinifin pisekin non inisich, aweve ren ewe kitni, spine, ika mokurach.

Mi wor porous murino. Aramas mi wor rer TB ra tongeni angei sefei ika ir mi kuta aninisin sefei.

## Pwata TB ew osukosuk non fonuwen United States?

Mi wor epetin me sefeien TB mi pwan itifouno pwun ei semwen a kon senuk ninin me nein menun semwen meinisin non fonufan. Ika mi wor remw menun TB mi tongeni tori ekoch iwe en mi tongeni ngeni ekoch ei menun TB. Me non ekewe ier a no, United States a repotei pwun a kisitiw nampan fite chon urir TB non rekort, nge chomong aramas mi chuen urir TB. Ika mwo pwun a kisitiw nunun, TB mi chuen sopwosopw ne aifisata osukosuk. Ika mwo pwun nampan me nunun TB non United States a kisitiw, nunun TB mi chuen watte nein ekoch aramas me mi feito seni och fonu ika eoreni ese usun nunun chon White (Pwech). Ei a fis pokiten ekewe ekoch mwichen aramas a mecheres ngenir ekewe metoch mi efisata menun TB a tongeni anapono an epwe torir ewe semwen (katton [paich 7](#)).

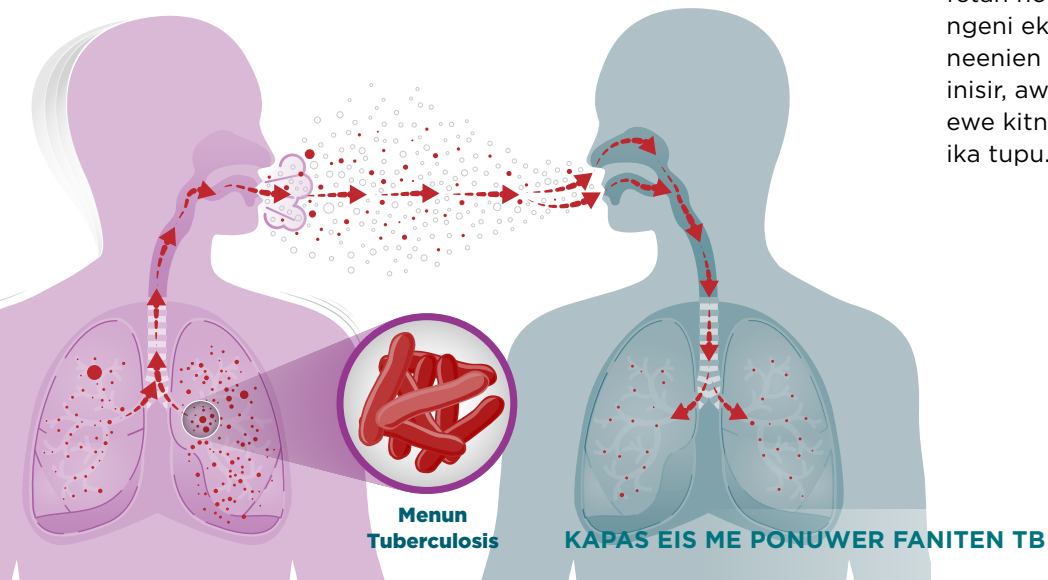
Ei pwuk a ponuweni ekoch kapas eis faniten TB. Kose mochen eisini noumw daktor, kangof, ika chon awora omw tumwun ika mei wor sopwosopwen kapas eis.

## Ifa usun an TB a fetan fein?

TB a fetan fein non asepan seni emon aramas ngeni emon. Ekewe menun TB ra kus fetan non asepan nupwen emon mi wor ren ewe semwenin TB non ar neenien ngasangas ika chiorer ra naw, fos, ika keen. Chon noumw aron ra tongeni ngasonong ewe menun TB iwe a torir ewe semwen.

Nupwen emon a ngasonong ekewe menun TB, ewe menun TB a tonong non ar neenien ngasangas iwe a poputa ne mamarita. Seni ei fansoun, ekewe menun TB ra mwokut

fetan non cha ngeni ekoch neenien non inisir, aweve ren ewe kitni, spine, ika tupu.



## Io mi mecheres ngeni epwe torir TB?

Aramas meinisin ra tongeni urir TB. Ekoch aramas a kon mecheres ngenir an epwe torir menun TB:

- » Aramas ir mi kane ngeni emon mi wor ren ewe semwenin menun TB
- » Ekewe aramas ra uputiw non ika sai fetan ngeni ekewe fonu mi chomong chon semwenin TB non, mei pachonong Mexico, Filipin, Vietnam, India, China, Haiti, Guatemala, me ekoch fonu mi chomong chon urir TB non
- » Ekewe chon angangen tumwun ra angang ika nomw non ekewe neeni mi watte fetanen TB me non, aweve ren neenien homeless, kanapus, me neenien tumwunun aramas

## Met ei menun TB ese pwapwano (LTBI)?

Napengeni aramas ra ngasonong ekewe menun TB mi afisi semwen, inisir a tongeni fiuw ngeni ewe menun TB an esapw marita. Ekei menun TB ra apwangapwangono, nge mi chok pwan tongeni pochokun sefan non ewe inisir non pwan och fansoun. Ei sia eita ngeni pwe menun TB ese pwapwano, ika LTBI ren amwochan.

Aramas mi wor rer LTBI

- » Ese wor rer ekewe esisinen semwen.
- » Resapw mefi semwen.
- » Rese tongeni ngeni ekoch ewe menun TB.
- » Napengeni ir repwe tes positive ren tesin TB non cha ika tesin TB won kinir.
- » Ir mi tongeni torir semwenin TB ika resapw kuta sefei ren LTBI (katton [paich 13](#)).

Aramas mi wor rer LTBI ese wor rer ekewe esisinen semwen, iwe ir rese pwan tongeni ngeni ekoch ewe menun TB. Nge, ika ekei menun TB ra pochokun sefan me non ewe inis me naponu, ewe aramas a tongeni mwet seni LTBI ngeni an tori ewe semwenin TB. Ren ei wewe, ekewe aramas mi torir LTBI mi och repwe angei sefeien an epwe epetir pwe esapw marita ewe semwenin TB. Sefeien LTBI mi ouchea ren epetin me tumwunun TB me non United States pwun a ekisatiw fisefisen an emon mi wor rer LTBI epwe torir ewe semwenin TB.



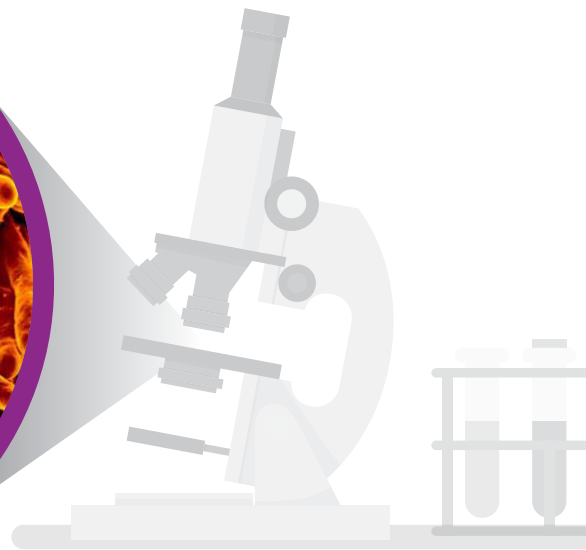
## Met ei semwen TB?

Ika ewe immune system ese tongeni oukano ekewe menun TB ar resapw marita me naponono, ekewe menun TB ra poputa ne inet me paras fetan non ewe inis, iwe ei a efisata ewe semwenin TB. Ekewe menun TB ra fiuw ngeni ewe inis, ika a fis ei metoch non ach neenien ngasangas, ekewe menun TB ra tongeni ata ika pwisi ewe neenien ngasangas. Ekoch aramas a torir semwenin TB murin chok ar torir ewe menun semwen (non fite chok wiik) me mwen ar immune a tongeni fiuw ngeni ewe menun TB. Ekoch aramas mi torir menun TB ese pwapwano nge resapw semwen tori fite ier, nupwen ar immune system a apwangepwang ren pwan och wewe. Sefeien menun TB ese pwapwano (LTBI) mi manaman ren epetin ewe semwenin TB.

Aramas mi wor ewe semwenin TB non ar neenien ngasangas ika chiorer mi tongeni ngeni ekoch ewe semwen, wewen pwun ra tongeni ngeni ar famini, chiechier, me ekoch aramas unukir ewe menun TB. Aramas mi wor rer TB non pwan och neenien non inisir, aweve ren ar kitni, spine, napengeni rese tongeni ngenir keoch ewe semwen.

Ekewe aramas mi wor ren semwenin TB napengeni repwe nukui ewe menun TB ngeni ekewe aramas ra asoso fengen rer iteiten ran. Ei mi pachonong chon ar famini, chiechier, chiener ne angang, me chiener non sukuun.

Aramas mi wor rer ewe semwenin TB mi ouchea repwe angei ekoch sefei nupwen ar poputa ne angei sefei. Murin ar angei sefeien TB non fite week, emon a doktor epwe erenir pwun rese chuen tongeni ngeni ekoch ewe menun TB. Napengeni aramas mi wor rer semwenin TB repwe angei sefeien TB non 6 maram me mwen repwe chikar sefan.



## Io ra arap ngenir repwe torir ei semwen TB?

Chomong aramas mi wor rer ewe menun TB ese pwapano (LTBI) resapw mwo urir ewe semwenin TB. Esapw aramas meinisin mi wor rer LTBI epwe urir semwenin TB, ukukun 5-10% nein ekei aramas epwe naponon me torir semwenin TB non manawer, ika resapw angei sefeien. Sia esuku pwun fefetanen seni LTBI ese sefei ngeni semwenin TB epwe tori 80% ren nunun TB keis non U.S. Ekoch aramas mi wor rer LTBI napengeni esapw marita ika naponon ngeni semwenin TB. Ekewe aramas mi mutir ngenir mamaritan semwenin TB ra nomw non ruu kinikinin:

- 1** Ekewe ir mi keran torir menun TB
- 2** Ekewe mi wor ar semwen mi afisi ar immune system epwe apwangepwang mei pachonong:



**Menun HIV**



**Aia ngaw sefei (awewe ren aian drugs)**



**Ir mi angei sefeien rheumatoid arthritis ika semwenin Crohn's.**



**Mi ekesiwin peirakin inisir**



**Watte semwenin kitni**



**Cancer non chamwer ika uwer**



**Man suke**



**Ekoch Sefeien semwen awewe ren corticosteroids**



**Silicosis**

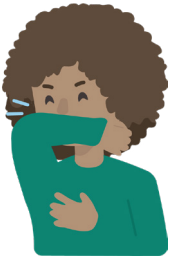


**Kitichuchu**

Semirit, eseinon ekewe resan tori ier 5, mi mecheres ngenir epwe naoono semwenin TB ika mi torir menun.

## Ifa ekewe esinen semwenin TB?

Ekewe esinen semwenin TB a onongonong won ia me non inisumw ekewe menun TB a mamarita me non. Menun TB non omw neenien ngasangas mi tongeni afisata ekei esinen semwen:



**Naw/mwor**  
(mi tamano  
seni 3 week)



**Naw mi fiti cha ika  
chonungaw**(chonun aw seni  
non neenien ngasangas)



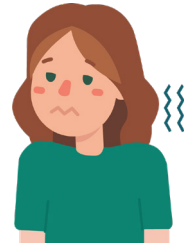
**Metekin  
fanmwarumw**



**Pwichikaren  
semwen**



**Mwonunun nepwin**



**Mi patapat ika fou**



**Kese mwon  
mwongo**



**Mi apwangepwang  
ika monunu**



**Kitichuchuno**

Esinen semwenin TB me non ekoch neenien non inisich mi pachonong ekei:



- » TB me non kitni mi tongeni afisata an emon epwe chuchu cha.
- » TB meningitis mei tongeni afisi metekin mokur ika an epwe rukono.
- » TB me non spine mei tongeni afisi metekin sekur.
- » TB me non ewe larynx (chior) mei tongeni afisi an epwe ar newomw.

Ren sopwosopwen porous won ifa usun ach sefeieni semwenin TB, katton [paich 17](#).



## Met sokofesinen nefinen menun TB ese pwapwano (LTBI) me semwenin TB?

Mi wor ekoch ouchean sokofesinen nefinen menun TB ese pwapwano (LTBI) me semwenin TB. Omw kopwe sinei sokofesinen nefiner a tongeni anisuk omw kopwe sinei met kopwe esuku ren LTBI ika semwenin TB. Ei chepen me fan a aweweni met ekewe ouchean sokofesenir me openi.

 <b>Emon Aramas mi wor ren Menun TB Ese Pwapwano (LTBI)</b>	 <b>Emon Aramas mi wor ren Semwenin TB</b>
Ese kon chomong menun TB me non inisin mi chuen manaw nge ese pochokun	Mi chomong menun TB mi pochokun non inisin
Ese wor ren esisinen semwen	Mi wor ren esisinen semwen mei pachonong <ul style="list-style-type: none"> <li>» Mi manaw non ukukun 3 wiik ika nuseni</li> <li>» Metekin fan mwarun</li> <li>» Mi naw chaa ika chonungaw</li> <li>» Mi apwangepwang ika monunu kitichuchuno</li> <li>» Ese mwomwon mwongo</li> <li>» Mi patapat ika fou</li> <li>» Pwchikaren semwen</li> <li>» Mwonunun nepwin</li> </ul>
Ese tongeni ngeni ekoch menun TB	Mei tongeni ngeni ekoch ewe menun TB
Ese mefi an semwen	Mei tongeni mefi semwen iwe mei pwan wor ren ekewe esisinen semwen awewe ren naw, pwchikar, me/ika kitichuchuno
Napengeni ra positiv won tesin TB won kinir ika tesin TB won cha mei pwari pwun mei wor menun TB	Napengeni ra positiv won tesin TB won kinir ika tesin TB won cha mei pwari pwun mei wor menun TB
Mi nonomwoch ar x-ray ren katonen fan mwarir me negativ ar katonen chonun non inisir	Ese och ar x-ray ren katonen fan mwarir, ika mei positiv ar katonen chonun non inisir
Repwe nenengeni ika repwe angei sefeien LTBI ren epetin semwenin TB	Repwe angei sefeien semwenin TB

## Mi ouchea ai upwe angei tesin TB?

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Mi och kopwe angei tesin TB ika:

- » En mi nomw ngeni emon aramas ika en mi ekieki pwun manip a toruk menun semwenin TB.
- » En mi uputiw non ika sai fetan ngeni ekewe fonu mi chomong chon urir semwenin TB me non, mei pachonong Mexico, Filipin, Vietnam, India, China, Haiti, me Guatemala, me ekoch fonu mi chomong chon urir semwenin TB.
- » En mi kan nomw ikenai, ika ke kan nomw me non, ika angang non ew neeni mi chomong aramas me mi wor chon urir TB me non, aweve ren neenien homeless, kanapus, neenien fotek, ika neenien tumwun.
- » En emon chon angangen pioing mi tumwunu paichen mi urir semwenin TB.
- » En mi pach ika nomw non ew pinon aramas ir mi mutir ngeni menun TB ese pwapwano (LTBI) ika semwenin TB, mei pachonong ekewe aramas ese mecheres ngenir repwe kuta tumwunun manaw, mei nafungaw nour moni tonong, ika ir mi aia drugs ika sakaw.

Pwan kapachonong, semirit, eseinon ekewe resan tori 5 ier, mei mecheres ngenir an epwe watteno ika naponon semwenin TB nupwen mi torir. Iwe, tesin menun TB nein semirit ir mi kane ngeni emon aramas mi uri semwenin TB a men ouchea.

## Ifa ekewe tesin menun TB?

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Mi wor ruu tapin tesin menun TB: ewe Tesin TB non cha me ewe tesin TB won kinin aramas. Ewe chon awora omw tumwun epwe pusin fini meni tesin TB repwe nounou. Mei wor ochun me ngawen meni tes ka finata mei pachonong popun me wewen ewe tes, kaworen, me momon. Mi apochokun ngeni ekewe chon awora tumwun ar repwe aia ekewe minafon tesin TB non cha ar repwe katon menun TB. Ionapen, ese pwan ouchea an emon aramas epwe angei me ruu ewe tesin TB won kinir me ewe tesin TB non cha.



### *Tesin TB non Cha*

Ewe tesin TB non cha a aia ekis omw cha an epwe katon ika mei wor ekewe menun TB me non. Ruu tapin tesin TB non cha mi mwumuta seni ewe U.S. Food and Drug Administration iwe mei kawor me non fonuwen United States:

- » QuantiFERON®-TB Gold Plus (QFT-Plus)
- » T-SPOT®.TB test (T-Spot)

En mi tongeni angei ei tesin TB non cha ren ewe neenien pekin tumwunun manaw (health department) ika me non nomw ewe daktor ofes. Ekewe chon awora tumwun repwe angei ekis omw cha a tini ngeni och laboratory ar repwe katonefichei me aniwini ponuwen. Ika omw ewe pekin tumwunun manawen aramas (health department) mi kan aia ewe tesin TB non cha, iwe ew chok fisit ren kuten cha mi pesepes.



**Positiv tesin TB non cha:** Wewen pwun a toruk ewe menun TB. Mei wor sopwosopwen tes mi tongeni afata ika mi wor remw menun TB ese pwapwano (LTBI) ika semwenin TB.



**Negativ tesin TB non cha:** Wewen pwun omw ewe cha ese penu ngeni ewe tes iwe manip ese wor remw menun TB.

Ekewe tesin TB non cha a ouchea ren tesin TB faniten:

- » Aramas ir mi pin angei ewe bacillet Calmette-Guerin (BCG) apwos
- » Ekewe aramas mi weires ngeni ar repwe njwin ngeni oruwen appointment repwe kuta ika mi wor penuwen ar tesin TB won kinir.



## Tesin TB Won Kinir

Sia tongeni nounou ewe tesin TB won kinir ne esina ika emon mi torir ewe menun TB. Ka tongeni angei ei tesin kinir me ren ewe pekin tumwunun manawen aramas (health department) ika ren an noumw ewe daktor ofes. Emon chon angangen tumwunun manaw epwe ngonuk ew apwos mi masowe ren nonon test (sia eita ngeni pwe tuberculin ika PPD) won kinumw me fan poumw. Murin 2, ika 3 ran, kopwe niwin pwe emon chon angangen tumwunun manaw epwe aneian ngonuk pwungun omw ewe tes. Manip epwe kitipwopwo nemwon ar apwosuk. Ewe chon angangen pekin tumwunun manaw epwe euku neoneon ewe pwo iwe a erenuk ika mi positiv ika negativ.



**Tesin kinin mi positiv:** Wewen pwun inisin ewe aramas mi wor menun TB non. Sopwosopwen tes mi ouchea ar repwe esina ika ewe aramas mi uri LTBI ika semwenin TB.



**Tesin kinin mi negativ:** Wewen pwun inisin ewe aramas ese penu ren ewe tes, iwe manip ese wor ren LTBI ika semwenin TB.

En esan mwo pwongi omw kane ngeni emon mi wor ren menun TB, iwe manip pwungun omw tesin TB won kinumw esan mwo positiv. Manip mi och kopwe angei oruwen tesin won kinumw murin 8-10 wiik seni ewe atun omw nomw fengen me emon mi uri semwenin TB. Ei nge pokiten mi kan nuno fite wiik me mwun omw ewe immune system epwe fiuw ngeni ewe tesin TB won kinumw. Ika pwungun omw oruwen tes mi pwan negativ, iwe manip ese wor remw menun TB.

## Met ika u tes positiv ren menun TB?

Ika mi positive omw tesin TB non cha ika tesin TB non kinumw, noumw ewe daktor ika kangof mei tongeni fori pwan ekoch tes an epwe katon ika mi wor remw semwenin TB. Napengeni ekei tes ei pachonong x-ray minen fan mwarumw. Manip mei pwan pachonong tesin chonungawen non inisumw mi towu nupwen omw naw. Pokiten enin TB mi tongeni nomw non ekoch neeni non inisumw me nukun omw neenien ngasangas, noumw ewe daktor ika kangof mei tongeni pwan katon omw chuchu, angei ekis minen non inisumw, ika fori pwan ekoch tes. Ika kese angei sefeien, menun TB ese pwapwano (LTBI) mi tongeni naponu a winiti semwenin TB. Ika mi wor remw LTBI, mi och kopwe angei sefeien pwun epwe epetuk seni semwenin TB (katton [paich 13](#)). Ika mi wor remw semwinin TB, mi ouchea kopwe poputa ne angei safeian pwun epwe aukano ewe semwen (katton [paich 17](#)).

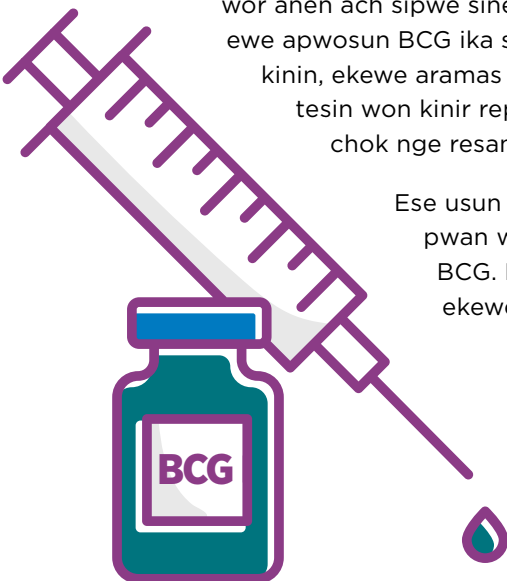
## Met ika uwa fen angei apwosun bacille Calmette-Guérin (BCG)?

BCG nge ew apwosun TB. Napengeni ese chomong chon aia ei apwos me non United States. Chomong aramas mi uputiw nukun United States ra fen angei ewe apwosun BCG TB.

Napengeni ra ngeni monukon me semirit me non ekoch fonu mi chomong semwenin TB. A tumwunu semirit me non ekoch fonu an esapw torir watten semwenin TB, aweve ren TB meningitis. Ewe apwosun BCG ese forita an epwe epeti aramas seni semwenin TB non neenien ngasangas, iei tapin ei semwen mi chomong me non United States.

Nein ekoch aramas, ewe apwosun BCG TB mei tongeni efisata an epwe positiv won tesin TB won kinumw, nge ese fakkun toruk menun TB. Nge, ese wor anen ach sipwe sinei ika ew positiv tesin won kinumw mi fis seni ewe apwosun BCG ika seni menun TB. Nupwen sia aia ewe tesin won kinin, ekewe aramas ra fen angei apwosun BCG ika mi positiv ar tesin won kinir repwe pwan jek sefan ren semwenin TB usun chok nge resan mwo angei apwosun BCG.

Ese usun ewe tesin TB won kinin, tesin TB non cha ese pwan wor angeien won ekewe ra fen angei apwosun BCG. Iwe, iei pwun mi fen och tesin TB non cha ren ekewe aramas ra fen angei ewe apwosun BCG.



## Ika mi wor rei menun TB ese pwapwano (LTBI), ifa usun ai upwe tumwunu pwe esapw efisata semwenin TB?

Ika kese angei sefeien, menun TB ese pwapwano (LTBI) mi tongeni naponu a winiti semwenin TB. Ika mi uruk LTBI, mi och kopwe angei sefeien pwun epwe epetuk seni semwenin TB ika mwo kese mefi och semwen. Sefeien LTBI mi ouchea faniten epetin TB pwun a tongeni ekisatiw fisefisen an omw ewe LTBI epwe naponu a winiti semwenin TB.

Sefeien LTBI mi manaman ren epetin semwenin TB. Mi wor ekoch finata ka tongeni fin seni ren sefeien LTBI. Mi wor minafon sefei mi tongeni ekisatiw tamen ow kopwe aia sefeien LTBI seni 6-9 maram tori chok 3-4 maram. Mwochan sefeien LTBI mi manaman, mi tumwunoch, me mi chomong chon awesano seni ewe sefei mi nakatam.

Ika mi wor remw LTBI nge ka nomw non ewe kinikinin mi mecheres ngonuk semwen (katton [paich 7](#)), mi pesepes omw kopwe angei unumomw sefei, pwun esapw toruk semwenin TB. Ekei sefei me fan ka tongeni aia ew chok me nein ika aia fengen ren sefeien LTBI:



Isoniazid (INH)



Rifapentine (RPT)



Rifampin (RIF)

CDC me ewe National Tuberculosis Controllers Association ra pesei ew me nein ekei aian sefei faniten LBTI:

- » Unungat maramen sefeien isoniazid kapach rifapentine (3HP) fan ew non ew wiik.
- » Ruwanu maramen aian sefeien rifampin (4R) iteiten ran
- » Unungat maramen aian isoniazid apach rifampin (3HR) iteiten ran

Ika meinin ekei ototen sefei me asan ese och ngonuk, mi wor pwan ekoch sefei mi nukun mi manaman faniten sefeien LTBI mei pachonong 6 ika 9 maramen aian isoniazid. Nupwen ka angei isoniazid, manip noumw ewe doktor epwe erenuk kopwe angei omw sefeien vitamin B6. Noumw ewe doktor epwe esina meni ototen sefei a murino ngonuk. Omw ototen sefei epwe ekis asokono ika en mi kane ngeni emon mi wor ren ekewe semwenin TB ese mwono seni isoniazid ika rifampin, ekei ruu ouchean sefei faniten sefeien LBTI me semwenin TB. Wewen pwun ekei sefei resapw chuen tongeni nieno ewe menun TB.

Fan ekoch aramas ra angei sefeien LBTI ika mwo pwungun ar tesin TB non cha ika tesin TB won kinir mi negativ. Ei a fis napengeni ren ekewe monukon, semirit, me aramas mi urir HIV ika ir mi nomw ren emon mi wor ren semwenin TB. Ei nge pokiten ekei mwichen aramas a men mecheres ngenir epwe werir semwenin TB mi mutir ngenir menun TB.

Ika ka poputa ne angei sefeien LBTI, kopwe chuuri noumw daktor ika kangof fiti skechon. Mi ouchea kopwe angei meinisin unumomw sefei usun mi afatetiw non noumw preskripsion. Noumw ewe daktor ika kangof epwe katon ifa nonomwumw.

## **Ifa ekewe monunun aian sefei ren sefeien mein TB ese pwapwano (LTBI)?**

Chomong aramas ra tongeni angei unumer sefeien menun TB ese pwapwano (LTBI) ese wor osukosuken; nge, fan ekoch mi wor monunun aian sefei. Ekoch monunun semwen nge ese watte osukosuken. Awewe, ewe sefeien rifampin ika rifapentine mei tongeni afisi an epwe onuwen ram chonun non inisumw awewe ren omw chuchu (sir), chonun awomw, chonun mesomw, monunumw, me chonun tumw (oupw). Ese wor ngawen ika mi onuwen ram chonun non inisumw. Ese wor ngawen epwe pusin mwono onuwen non fite fansoun. Noumw daktor ika kangof mi tongeni erenuk kosapw aia ekoch tapin kinasin non mas mi pwetete pwun ete siwin onuwen. Ika mi fis ngonuk ekei monunun aian sefei, en mi tongeni sopwosopwono chok ne aia unumomw sefei.

Ika mi toruk och monunun aian sefei mi watte osukosuken, **mutir kekeri noumw ewe daktor ika kangof**. Ir mi tongeni erenuk kopwe keuno ne aia unumomw sefeien LTBI ika niwin ngeni ewe pioing ren tes. Ekewe monunun aian sefei mi watte osukosuken mei pachonong:

- » Mwanien ika memefin mi pen mokuromw
- » Kese mwon mwongo
- » Esisinen semwenin flu (matter)
- » Watten fein seni ika onou mi onuwen pwech
- » Ngasopuch
- » Memefin netipechou ika netipeta
- » Pwichikaren semwen
- » Kitichuchuno non ese wor wewen
- » Onuwen pwun omw chuchu (onuwen cofi ika cola)
- » Onuwen ram won kinumw ika non mesomw
- » Kiningaw
- » Memefin wiwi non poumw ika pechomw iteiten
- » Memefin menunu ika apwangepwang mi nuseni 3 ran
- » Metekin non upomw
- » Mecheres ngeni kinas ika cha
- » Metekin non kachun chu
- » Eningaw
- » Mus



Mi och kopwe awora ew taropwe mi afata iten sefei en mi kan angei ngeni noumw daktor pwun esapw wor anofitin sefei ese och. Ekoch sefeien contraceptive (eukukun nounou) manip esapw pochokun manamanen nupwen omw angei fengen me sefeien TB. Ei a fis pokiten ewe sefeien TB mi tongeni angawano pochokunen ewe sefeien eukukun nouou iwe afisata an esapw wor manamanen. Ika en mi kan aia sefeien eukukun nounou, fos ngeni noumw daktor me mwen kopwe poputa ne angei och minafon sefei. Sopwosopwen porousen monunun aian sefeien TB a nomw won an [CDC TB Treatment: Paich faniten Fisafis Mei Ngaw](#).

**Esinesin:** Mi afeiengaw omw kopwe wun sakaw, awewe ren wine, piru, ika mipwuch, nupwen omw aia sefeien TB. Churi noumw daktor ika kangof ren sopwosopwen porous.

Aramas meinisin mi wor rer LBTI mi ouchea repwe sinei ekewe esisinen semwenin TB (katton [paich 8](#)). Ika mi toruk ekewe esisinen semwenin TB, kopwe mutir churi daktor.

Ekoch aramas repwe onongonong won aninis ren tumwunun me ototen unumer sefeien LTBI. Ewe CDC a forata ew pisekin katonen ununun sefei an epwe anisir paichen ne otota fichi me tumwunu unumer sefeien LTBI. Won ekei pisekin katonen sefei, mi wor ew neenien ia kopwe makei omw skechonen sefei, aian sefei, me porousen daktor/pioing me namban fon. Mi pwan wor ena taropwe mi afatatiw met ekewe sainen me esisinen aian sefei mi tongeni fis nupwen omw poputa ne angei sefeien LTBI.

Ekewe ununhat katonen sefei mei pachonong:

<p style="text-align: center;"><b>1</b></p> <p style="text-align: center;"><b>12-Ototen Aian Sefei faniten Menun TB Ese Pwapwano - Katonen Sefei me Cheklist ren Esisinen Semwen</b></p> <p style="text-align: center;"><i>(kawor non Fosun Merika, Spanish, Tagalog, me Fosun Vietnamese).</i></p>	<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><b>4 Maram Ototen Aian Rifampin (4R) Iteiten Ran faniten Menun TB Ese Pwapwano Katonen Sefei me Cheklist ren Esisinen Semwen</b></p> <p style="text-align: center;"><i>(kawor non Fosun Merika).</i></p>	<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;"><b>3 Maram Ototen Aian Sefei Isoniazid apach Rifampin (3HR) faniten Menun TB Ese Pwapwano Chekin Sefei me Cheklist ren Esisinen Semwen</b></p> <p style="text-align: center;"><i>(kawor non Fosun Merika).</i></p>
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Ika kopwe downloadini ika printini ekei pisek, fisit ena [CDC TB Education Materials paich](#).

Ika ke mochen kaieo sopwosopwen porousen LTBI, fisit ekei CDC webpaich:

- » [Ototen Sefei faniten LTBI](#)
- » [Finatan Inet Kopwe Angei Sefei LTBI](#)
- » [Sefei LTBI ren Ototen Sefei mi Mwochomwoch](#)

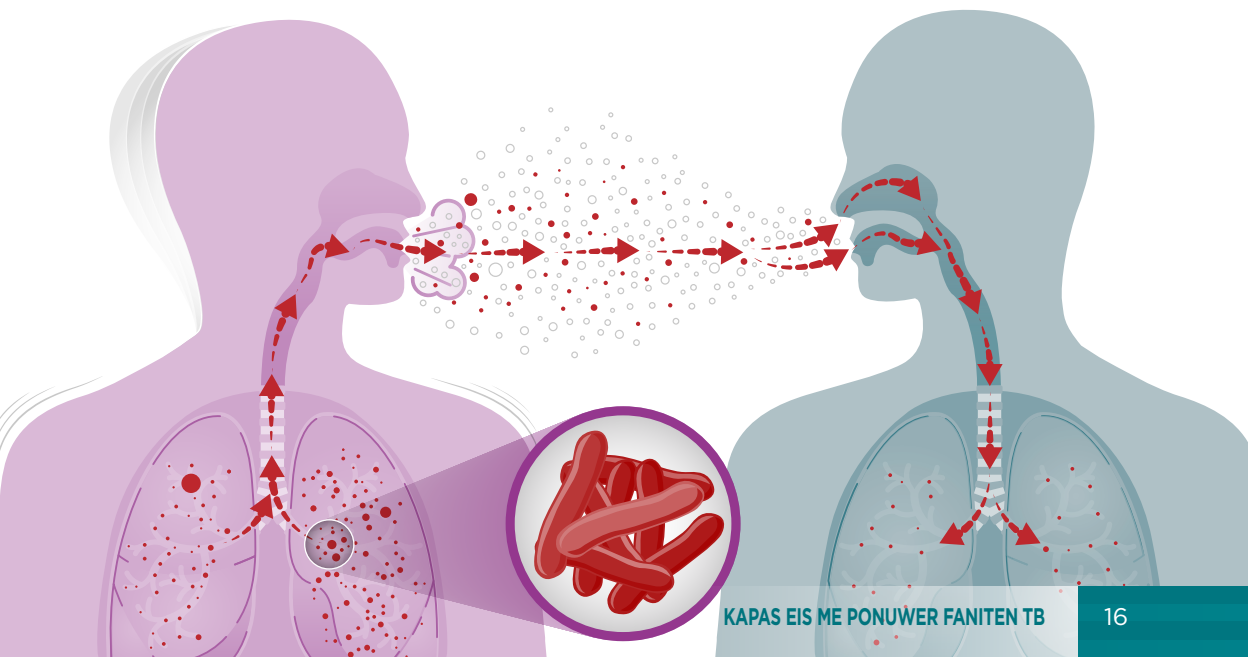
## Met ika mi wor rei menun HIV?

Ika mi wor remw menun HIV me menun TB ese pwapwano (LTBI), kopwe mutir kuta sefei omw kopwe epet seni semwenin TB. Emon aramas mi wor ren menun HIV ika ese angei sefeien LTBI mi mutir ngeni an epwe naponu a winiti semwenin TB non manawen nap seni emon ese wor ren menun HIV. Nein ekewe aramas mi wor rer LTBI, HIV iei watten met mi tongeni anapano fetanen an epwe winiti semwenin TB. Meinsin aramas mi wor rer menun HIV repwe mutir angei tes ar repwe fat ika mi wor rer LTBI me mutir kuta sefei. Mi wor ekoch ototen sefeien LTBI mi manaman won aramas mi wor rer menun HIV.

## Ika ngang mi kane ngeni emon mi wor rer semwenin TB, ngang mi tongeni ngeni ekoch?

Ika ke kane ngeni emon mi wor ren ewe semwenin TB, manip a fen toruk ewe menun TB, nge kesan tongeni ngeni ekoch ewe menun semwen. Ekewe chok aramas ra fen urir ewe menun semwenin TB ra tongeni ngeni ekoch ewe semwenin TB. Me mwen kopwe tongeni nukui ewe menun TB ngeni ekoch, kopwe akomw ngasanong ewe menun TB me angei semwenin. Iwe ewe menun semwen epwe paras non inisumw me forata ewe semwenin TB. Non ei atun, ka tongeni nukui ewe menun TB ngeni ekoch.

Nein chomong aramas mi ngasanong ewe menun TB me torir ewe semwen, inisir mi tongeni fiu ngeni ewe menun semwen an esapw naponu. Ewe menun semwen mi tongeni epwe apwangepwang, nge mi chok manaw non inisir tori an tongeni pochokun sefan. Ei metoch iten menun TB ese pwapwano (LTBI) Aramas mi wor rer LTBI rese tongeni ngeni ekoch ewe menun semwen. Ekewe aramas mi wor rer LTBI mi tongeni angei sefei an esapw torir ewe semwenin TB.





## Ifa usun ar sefeini semwenin TB?

Mi wor kapas murino ngeni aramas mi wor rer ewe semwenin TB! Napengeni ra tongeni angei sefeien me chikar seni. Nge kopwe fiti foforin me ototen ewe sefei meren noumw daktor ika kangof

Ika mi wor remw semwenin TB, mi och kopwe angei ekoch tapin sefeien TB. Pokiten mi wor chomong menun TB epwe ninino. Mi murino kopwe angei fite sefeien TB an epwe nieno meinisin menun TB me oukano an esapw tongeni an esapw mwono seni sefei. “Esapw mwono” wewen pwun ewe sefei ese chuen tongeni nieno ewe menun TB.

Ikei ekei sefei sia aia ne sefeieni TB

- » Isoniazid (INH)
- » Rifampin (RIF)
- » Ethambutol (EMB)
- » Pyrazinamide (PZA)

Ika mi wor remw semwenin TB non omw neenien ngasangas ika chioromw, manip en mi tongeni ngeni ekoch. Kopwe notiw neimw seni angang ika sukuun pwun kosapw ngeni ekoch ewe menun TB. Wesinon omw angei ewe sefei non fite week, kopwene poputa ne mefi ekis pochokun iwe kosapw chuen tongeni ngeni ekoch ewe semwen. **Noumw ewe daktor ika kangof epwe erenuk inet ka tongeni niwin ngeni angang ika sukoon ika chuuri chiechiomw.**



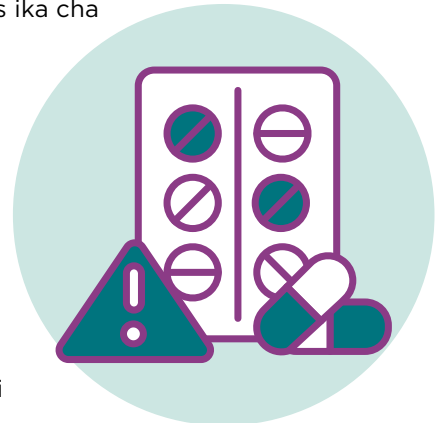
Semwenin TB esapw oukano ika angawono manawomw. Ekewe aramas rese chuen tongeni ngeni ekoch ewe semwen ika rese chuen mefi semwen napengeni ra pwan tongeni niwiniti manawer usun nomw ese wor rer semwenin TB. Ika en mi kan angei unumomw sefei usun mi eureur seni noumw daktor ika kangof, iwe epwe ninino meinisin menun TB. Ei epwe anisuk omw kosapw chuen semwen sefan.

## Ifa ekewe monunun aia sefeien semwenin TB?

Ika en mi kan angei sefeien semwenin TB, kopwe angei fan eureur seni noumw daktor ika kangof. Ekewe sefeien TB mi tongeni afisata monunun aian sefei. Ekoch monunun semwen nge ese watte osukosuken. Ekoch mi watte osukosuken. Ika mi toruk och monunun aian sefei mi watte osukosuken, **mutir kekeri noumw ewe daktor ika kangof**. Ir mi tongeni erenuk kopwe keuno ne aia unumomw sefeien TB ika niwin ngeni ewe pioing ren tes. **Ekewe** monunun aian sefei mi watte osukosuken mei pachonong:

- » Kiningaw
- » Topurun non mas ika siwinin non nenenon mesomw
- » Metekin non upomw
- » Onuwen pwun omw chuchu ika onuwen pwech omw onou
- » Menunu
- » Pwchikaren semwen mi nuseni 3 ran
- » Esisinen semwenin flu (matter)
- » Kese mwon mwongo
- » Eningaw
- » Mus
- » Onuwen ram won kinumw ika non mesomw
- » Mwanien
- » Memefin lul ika wiwi arun awomw
- » Memefin wiwi non poumw ika pechomw iteiten
- » Memefingawen upomw
- » Metekin non kachun chu
- » Mecheres ngeni kinas ika cha

Ekoch monunun semwen **nge ese watte** osukosuken. Awewe, ewe sefeien rifampin mei tongeni afisi an epwe onuwen ram chonun non inisumw awewe ren omw chuchu (sir), chonun awomw, chonun mesomw, monunumw, me chonun tumw (oupw). Ese wor ngawen ika mi onuwen ram chonun non inisumw. Ese wor ngawen epwe pusin mwono onuwen non fite fansoun. Noumw daktor ika kangof mi tongeni erenuk kosapw aia ekoch tapin kinasin non mas mi pwetete pwun ete siwin onuwen. Ika mi fis ngonuk ekei monunun aian sefei, en mi tongeni sopwosopwono chok ne aia unumomw sefei.



Sefei mi preskraip ngonuk ren sefeien semwenin TB mei tongeni fiuw ngeni ekoch sefei. Mi och kopwe awora ew taropwe mi afata iten sefei en mi kan angei ngeni noumw daktor pwun esapw wor anofitin sefei ese och.

Awewe, sefeien semwenin TB mi tongeni angawono sefeien oral contraceptives (eukukun pwopwo) me afisata an esapw fen manaman ewe sefeien eukukun pwopwo. Ika en mi kan aia sefeien eukukun pwopwo, eisini noumw daktor ren ekoch sefeien eukukun pwopwo ne nukun nupwen omw angei sefeien TB. Ika en mi kan angei methadone (sia aia ren sefeien ekan mu puch won drugs) nupwen omw angei sefei, manip kopwe mefi ekoch esisinen towaw seni sefei. Noumw ewe daktor mi tongeni siwini omw aian methadone.

Sopwosopwen porousen monunun aian sefeien TB a nomw won an [CDC TB Treatment: Paich faniten Fisafis Mei Ngaw](#).

## Pwata mi ouchea ai upwe angei sefeien TB non fansoun nakatam?

Menun TB mi mang ar repwe mano. Ren sefeien menun TB ese pwapwano (LTBI), mi tori 3 maram (fan ekoch mi tam seni onongonong won meni sefei ke nomw won) an epwe nieno meinisin menun TB.

Ren semwenin TB, mi kan tori 6 maram ika nuseni an ewe sefei epwe nieno meinisin menun TB. Kopwe poputa ne mefi ekis pochokun murin chok fite week, nge kosapw tinano! Ekewe menun TB mi chuen manaw non inisumw, ika mwo ka mefi ekis pochokun. Kopwe sopweino omw wun sefei tori an meinisin ekewe menun TB ra mano, ika mwo ka mefi ekis pochokun ika ese chuen fis ngonuk ekewe esisinen semwenin TB.



Mi afeiangaw ika kopwe keuno ne angei unumomw sefei ika angawono ototen unumomw sefei. Ewe menun TB mi tongeni marita sefan, iwe epwe nakatamano omw fansoun semwen. Ekewe menun TB mi pwan tongeni an esapw chuen mwono seni ewe sefei ke kan soun wun. Manip kopwe sotuni pwan och tapin sefei epwe nieno ekewe menun TB ika ewe minen nomw ese chuen pochokun manamanen. Kopwe engino ne angei ekei minafon sefei non ekis fansoun iwe manip epwe pwan naponon naponon aian ekei sefei.

Ika a pwan niwinituk ewe menun sewen, ka pwan tongeni nukei ewe menun TB ngeni omw famini, chiechiomw, ika aramas mi nonomw ngonuk. A men **fokun ouchea** omw kopwe angei meinisin unumomw sefei usun mi eureur seni noumw daktor ika kangof.

## Met ekewe multidrug-resistant TB (MDR TB, Menun TB ese mwono ren sokopaten sefei) me extensively drug-resistant TB (XDR TB, menun TB ese fokun mwono ren sefei)?

Fan ekoch ekewe menun TB resapw chuen mwono seni ekewe sefei sia aia ne sefeieni semwenin TB. Wewen pwun ewe sefei ese chuen tongeni nieno meinisin ekewe menun TB.

Multidrug-resistant TB (MDR TB, Menun TB ese mwono ren sokopaten sefei) a fis seni ekewe menun TB rese chuen tongeni mwono ren ruu ekewe ouchean sefeien TB: isoiazid me rifampin.

Ew watten tapin MDR TB nge iten extensively drug-resistant TB (XDR TB, menun TB ese fokun mwono ren sefei). XDR TB nge ew tapin TB ese tongeni mwono seni meinisin sefei sia aia ne sefeini semwenin TB.

Ika kese angei unumomw sefei usun mi eureur seni noumw daktor ika kangof, ekewe menun TB mi tongeni naponon iwe ese chuen tongeni mwono ren ekoch sefei. Iwe pwan, ekewe aramas ir mi nonomw ngeni chon mi semwen ren MDR TB ika XDR TB ra pwan tongeni torir ekei semwenin menun TB ese mwono ren sefei.

Semwenin TB ese mwono ren sefei mi fifis ngeni aramas mi

- » Nomw ngeni emon mi wor ren semwenin TB ese mwono ren sefei.
- » Rese angei unumer sefei usun mi eureur meren nour daktor ika kangof.
- » Niwin ngenir semwenin TB murin ar angei sefeien TB me noomw.
- » Ra feito seni ekewe neeni mi wor ekei tapin semwenin TB ese mwono ren sefei.

Aramas mi wor rer MDR TB ika XDR TB repwe angei ekoch sefei mi ouchea. Ekei ototen sefei mi nakatam seni ekewe sefein semwenin TB iwe ekei sefei mi pwan afisata chomong monunun semwen. Aramas mi wor rer MDR TB ika XDR TB mi mecheres ngenir repwe mano seni ei semwen. Aramas mi wor rer MDR TB ika XDT TB repwe chuuri emon sou sine non pekin TB a tongeni katon ar semwen me unumer sefei ika mi pochokun manamanen.

## **Met ei therapy (ototen sefei) mi nomw fan choosa (DOT)?**

Ochun anen omw kopwe chechemeni kopwe angei unumomw sefei nge omw kopwe nomw fan katonen therapy mi nomw fan choosa (DOT); ei mi pwung faniten sefeien semwenin TB. Ika en mi nomw fan DOT, kopwe chuuri ewe chon angangen pioing iteiten ran ika fan fitu non ew wiik. Kopwe chuuri non ew neeni ami ouwa tipeyew won, ika won elektronik. Ka tongeni chuuri non ewe pioingen TB, non imomw, ika angang, ika non ew neeni mi mecheres. Kopwe unumi unumomw sefei non ei neeni iwe ewe chon angang epwe katon. Ekoch prokramen TB iei ra aia pisekin elektronik ren DOT ren semwenin TB pwan menun TB ese pwapwano (LTBI). Elektronik DOT (eDOT) nge oruwowen forofin DOT ika kese tawe ne chuu non aramas. Ika eDot ese wor non neeniomw nge en mi tufichin aia eDot, emon chon angangen tumwunun manaw epwe katon omw angei unumomw sefei won smartfon ika won pwan och pisekin elektronik mi wor kachito (video). DOT, ika mwo non aramas ika aneen elektronik, mi anisuk omw kopwe chechemeni kopwe angei unumomw sefei me awesano omw ototen sefei. Wewen pwun epwe mutir omw kopwe chikar sefan.

Ewe chon angangen tumwunun manaw epwe fori fichi pwun meinisin ekewe sefeien TB mi pochokun manamanen.

Ei aramas epwe pwan katon en ren ekewe monunun aian sefei me ponuweni omw kapas eis faniten TB.

Ika mwo kese aia DOT, mi murino noumw daktor ika kangof epwe achemuruk fan ekoch nupwen omw nomw won sefei ar repwe katon ika en mi nonomwoch. Ei epwe sopwosopwono tori omw chikar sefan.



## Ifa usun an upwe chechemeni pwe upwe angei unumei sefei ika use nomw won DOT?

Aneen epwe mecheresin omw kopwe chikar sefan nge kopwe angei unumomw sefeien TB usun mi eureur seni noumw daktor ika kangof. Manip esapw mecheres! Ika mi wor remw LTBI, iwe kopwe angei sefeien LTBI non 3 maram ika nuseni. Ika mi wor remw semwenin TB, iwe manip kopwe angei sefeien tori 6 maram ika nuseni.

Ika ka fofori chok iteiten iwe usun nge epwene mecheres omw kopwe chemeni kopwe angei unumomw sefeien TB. Ikei ekoch aneen omw kopwe chechemeni kopwe angei unumomw sefei ia en mi nomw won sefeien LTBI ika sefeien semwenin TB.

- » Angei unumomw sefei non ew chok kunok iteiten ran – awewe, ka tongeni angei me mwen omw mwongo mwongon nesosor, nupwen omw asoso me wun cofi, murin omw pirosini ngiumw.
- » Tingorei emon chon omw famini ika chiechiomw epwe achema ngonuk unumomw sefei.
- » Markini iteiten ran won kalenta nupwen omw angei unumomw sefei.
- » Wanong unumomw sefei non ew neenien iseisen sefei iteiten week ka iseni arun omw bed ika non pokitomw.
- » Aia ena katonen sefei omw kopwe ota fichi me tumwunu unumomw sefei. Ewe CDC website mi wor ekei LTBI katonen sefei ka tongeni printini. Won ena katonen sefeien LBTI, mi wor ena neeni en mi tongeni makeitiw omw skechon, fite pwechenen sefei kopwe angei non ew wiik, me namban fon an noumw daktor/pioing. Ika kopwe downloadini ika printini ekei katonen sefei, fisit ewe [CDC TB Education Materials paich](#).



### **CHECHEMENI: Chechemeni pwun atowaweno unumomw sefei seni semirit.**

Ika ka monukano kopwe wun sefei non ew ran, mweet seni ena aian sefei ka angei ewe oruwen skechonen aian sefei. Ereni noumw daktor ika kangof pwun ka missini ew atun wun sefei. En mi tongeni kekeri noumw daktor ika kangof ren ar eureur.

## Ifa usun ai upwe fori pwun usapw ngeni ekoch TB?

Namba ew aneen omw kosapw ngeni ekoch menun TB nge omw kopwe angei unumomw sefei usun mi eureur seni noumw dator ika kangof. Kopwe pwan no ngeni meinisin omw appointment. Mi ouchea noumw ewe daktor ika kangof epwe kuna ifa usumw. Napengeni epwe pesepes omw kopwe pwan angei oruwen x-ray ren fan mwarumw ika ew tesin chonungawen non inisumw (chonun awomw mi towu nupwen omw naw ika seni non omw neenien ngasangas). Ekei tes epwe pwari ika ekewe sefei mi manaman ika pochokun. Ekei tes mi pwan aninis ne pwari ika en mi tongeni ngeni ekoch ewe menun TB. Chechemeni kopwe ereni noumw ewe chon awora omw tumwun ika mi wor omw osukosuk ren semwen.

Ika mi chou ngonuk semwenin TB kose tongeni no ngeni pioing, en mi tongeni tonong on ew room. Ekei room mi wor apachen vents mi iseni menun ewe TB ar resapw kusuno ngeni pwan kewe ekoch room. Ekewe aramas ir mi angang non ekei room mi pesepes ar repwe ufouf ika mesemes och tapin epetin won mas faniten tumwunur seni menun TB. Kopwe nomw non ew roomw pwun kosapw ngeni ekoch ewe menun TB.

Ika en mi toruk menun semwen nupwen omw nomw neimw, mi wor ekoch metoch ka tongeni fori omw kosapw ngeni ekoch.

- » Angei unumomw sefei usun mi eureur. Ei a men ouchea!
- » Pinei awomw ngeni och chirikami ika kopwe naw, mwasi, ika kei. Wanong ewe chirikami non ew potou mi kesip ka moneino.
- » Towaw seni ekoch me kosapw atapa emon. Mour anamon non pwan ew room kosapw mour fengen me omw famini. Kosapw etiwa wasena non imomw.
- » Kosapw no ngeni angang ika sukoon.
- » Okusano engine non omw roomw nukun (ika ese patapat nukun) TB a mwokut fetan non neni mi kesip ika ese wor asepan epwe okusano. Wata och seipo non omw asam mwocho an epwe okusawu (engipwichin) asepanin mi wor menun TB. Ika mi wor pwan ekoch asam mwocho me non ena room mi kesip, sukano pwun ewe seipo epwe okusanong asepan mi minafo. Ei epwe ekisatiw fifisen an ewe menun TB epwe nomwutam non ewe room me no ngeni emon mi ngasangas asepanin.

Chechemeni, TB mi fetan non asepan. Aramas rese



tongeni werir menun TB ren kapwongen paw, mwomwot won sean pincho, aia fenegen sepien mwongo me pisekin mwongo me emon mi wor ren TB.

Murin omw angei unumomw sefei non 2 ika 3 week, manip kosapw chuen tongeni ngeni ekoch ewe menun TB. **Noumw ewe daktor ika kangof epwe erenuk inet ka tongeni niwin ngeni angang ika sukoon ika chuuri chiechiomw.**

Chechemeni, kopwe chikar sefan ika en mi angei meinisin unumomw sefei usun mi eureur seni noumw daktor ika kangof.

*Ekieki ekewe aramas mi kan nomw ngonuk, awewe ren omw famini, chiechiomw mi kane ngonuk, me chiechiomw non angang. Manip ewe putain tumwunun manaw (health department) non neenien epwe mochenin tesinir ren menun TB. TB a men afeiengaw ngenir semirit me aramas mi wor rer menun HIV. Ika emon mi tori menun TB, ekei aramas repwe mutir onongonong won sefei pwun esapw naponu ewe semwenin TB.*

## Sopwosopwen Porousen TB

Ren sopwosopwen porousen menun TB ese pwapwano (LTBI) me semwenin TB, kose mochen fisit ewe [CDC TB website](#). Pisekin paichen won LTBI me semwenin TB mi wor non ekoch fosun fonu won an [CDC ewe TB Patient Education Materials paich](#) me [Kuta Aninisin TB](#).

Ren porousen aninisin ekewe TB paichen me pekin angang fengen, fisit [We Are TB](#). CDC mi pwan afata ar armas tutunapen met mi fis ngenir nupwen ar angei sefeien LTBI me semwenin TB, pwan ren ewe angang anchon sou sine me oukano TB. Fisit ewe [CDC TB paich minen ar aramas tutunap](#) ren sopwosopwen porous.





Nampan Publikason: 301413

Ren sopwosopwen porous  
ika ke mochen chumong pisekin asukuunen TB,  
keekeri omw ewe Putain Tumwunun Manaw (Health Department)  
non neeniomw Ika fisit:

Centers for Disease Control and Prevention  
National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention  
Division of Tuberculosis Elimination

[www.cdc.gov/tb](http://www.cdc.gov/tb)

 @cdc\_TB  @CDCTB



**Centers for Disease  
Control and Prevention**  
National Center for HIV/AIDS,  
Viral Hepatitis, STD, and  
TB Prevention