

Infection Unit

Instructions for a Patient with Contagious Tuberculosis During Home Isolation

You have been diagnosed with contagious tuberculosis. Because of this, you must limit your activities until your treating doctor or nurse tells you otherwise.

- Stay at home. Do not visit others or invite visitors to your home, in order to prevent transmitting tuberculosis to other people. Going outdoors is allowed and helps your recovery.
- A nurse will monitor your condition daily and make sure you receive your medication. Make sure yourself as well that you take your medication exactly as prescribed.

During home isolation, you must not

- go to work or school
- go to restaurants, shops, shopping centers, or other public places (for example, churches or mosques)
- visit swimming pools, gyms, or other exercise or hobby facilities
- use public transportation such as trains, buses, or taxis
- invite visitors to your home or go visiting others
- use external cleaning or other home services
- attend non-essential health appointments — postpone them until after the isolation period. If you are unsure, ask your tuberculosis care provider.

At home

- Sleep alone in your own room.
- Ventilate your room by opening a window for at least 15 minutes in the morning and evening.
- Cover your mouth and nose tightly with a disposable tissue when you cough or sneeze. Immediately discard the tissue in the trash. If you don't have a tissue, cough or sneeze into the upper sleeve of your shirt, not into your hands. Wash your hands with soap and water and/or use hand sanitizer.
- Wear a surgical mask during home care visits.
- Wash dishes and eating utensils as usual.
- Wash clothes and bed linen in a washing machine as usual.
- Clean your home with regular cleaning agents.

Outdoors

- You may go outside for light exercise without a surgical mask but avoid close contact with other people. If you live in an apartment building, wear a surgical face mask in the stairwell and elevator.
- When going to follow-up or medical appointments, travel preferably by private car. Follow proper cough hygiene and wear a surgical mask. Avoid using air recirculation in the car and ventilate by keeping windows open. If you must use a taxi, wear a surgical mask. If you need to use an ambulance, inform the emergency center about your contagious tuberculosis when calling.