

For Your Information

Lung tuberculosis: How to prevent transmission to other people?

Lung tuberculosis is transmitted to others through droplets of fluid which are released when you talk, cough, sneeze and blow your nose. Many of these droplets of fluid are so small that they can stay in the air for a long time, especially in closed rooms. These particles are breathed in by other persons in the room. Transmission can also happen even after the diseased person has left the room. In hospitals there is great danger of infecting patients who are severely ill or who have weak immune systems. For this reason, you **must follow these rules** during your stay in hospital:

1. You must always cover your mouth and nose with a tissue when you cough or sneeze.
2. When other persons enter your room, you must immediately put on the nose-mouth-mask that was given to you by hospital workers at the beginning of your hospital stay. Be sure that the mask fits your face tightly.
3. Take care to air out your room (and also your bathroom) regularly by opening the windows. The door of your room must remain closed as much as possible.
4. Wear your nose-mouth-mask in all closed spaces whenever you are outside of your room, even if you are alone. Make sure the mask fits tightly.
5. You are not allowed to enter public rooms, waiting rooms, restrooms or the cafeteria. You can receive visitors only in your room or in open areas outside the hospital buildings.
6. You can take off your mask in open areas outside of hospital building only when you are completely alone. (However, the mask must be worn on your way outside!). Even in open areas and outside the hospital buildings you must cover your mouth and nose with a tissue when coughing or sneezing. Note that cigarette smoke does not disinfect the exhaled air.
7. Your visitors must inform themselves about these infection prevention rules at the nurses' station before entering your room. Both you and your visitors must wear nose-mouth-masks. Children under 15 years old are not allowed to visit you because the risk of transmitting the infection to young children is much higher than to adults.
8. Smoking is extremely harmful for patients with a lung disease like tuberculosis because it can delay the process of healing. If you are not able or not willing to stop smoking cigarettes, you may smoke only outside in the hospital grounds. While you smoke you may not stand near other smoking patients.
9. When you leave your room, always clean your hands thoroughly by using the hand disinfection fluid dispenser in your room.
10. These rules are necessary for preventing tuberculosis infections and are therefore mandatory. If you repeatedly violate these rules, we are obliged to report your behavior to the local health authority (Gesundheitsamt) and/or relocate you to another hospital.