



UK Health  
Security  
Agency



North East London

# New to the UK?

Protect yourself against  
tuberculosis (TB)



## What is TB?

Tuberculosis (TB) is a serious infection caused by bacteria. It mainly affects the lungs but can affect any part of the body like the kidneys, bones, and joints.



## What are the symptoms of TB?

Common symptoms of TB are:

- cough lasting for three weeks or longer
- coughing up blood
- fever
- sweating at night
- loss of appetite or unexplained weight loss
- feeling very tired
- swollen glands (lumps in your neck or other areas)

If you have any of these symptoms, see a doctor.



## How is TB diagnosed?

It is important to detect TB as quickly as possible. Your family doctor (GP) will arrange tests if you have a cough that won't go away.

- you may have a chest X-ray
- the doctor may ask for a sample of your sputum (phlegm you cough up)



## How is TB spread?

TB affecting the lungs is infectious and spreads when a person coughs or sneezes. TB of the lungs is no longer infectious after 2 weeks of treatment.



## How can I prevent the spread of TB?

The main preventive measure is early diagnosis.

- cover your mouth when you cough. Use a tissue
- stay at home while you are being tested
- after 2 weeks of treatment, you can return to normal activities
- if you are infectious, tell your TB team about close contacts. They can also be tested



## Treatment for TB

- treatment is free for everyone
- testing and treatment is confidential
- TB is curable with antibiotics, usually for at least six months. It is important to complete the full course
- you will receive support from a specialist TB team, including doctors and nurses



## How do I get TB care in the UK?

- register with a family doctor (GP): It's free, and you don't need proof of address or immigration status
- see your family doctor (GP) if you have symptoms: They will arrange tests like X-rays or samples
- Your family doctor (GP) can refer you to a TB team if needed



## Remember

TB is a medical condition, not a reflection of who you are. Looking for help early is a sign of strength and helps protect both you and your loved ones.

## Other Healthcare Services in the UK

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### In an emergency

Call 999

Go to the Accident and Emergency (A&E) department at a local hospital

### If you need help now, or don't know which service to use

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Call NHS 111

### Additional Resources

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For more information, visit these pages online:

[NHS Tuberculosis](#)

[Doctors of the World](#)

(phone advice, clinic, and support for people with no fixed address)

[Do I have TB?](#)

[Find a GP](#)

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