

Other Healthcare Services in the UK

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

Call NHS 111

Additional Resources

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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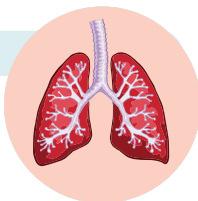
New to the UK?

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)

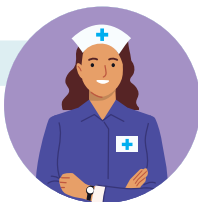
If you have any of these symptoms, see a doctor.



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.