



Infection Prevention Team Newsletter February 2026

Training

We are hosting a FREE training Webinar provided by TB Specialist Nurse Mairi Black on 18th March 2026 14:00- 15:30. [Click this link to register](#)

What is TB?

- TB is a bacterial Infection. Anyone can catch TB by breathing in the bacteria that cause it. Bacteria are present in tiny droplets coughed out by someone who has infectious TB.
- In some people, the bacteria aren't killed but stay in the body at a low level, so the person doesn't get ill and isn't infectious. This is called **Latent TB**. It cannot be spread to others but can turn to active TB in the future.
- Anyone can contract TB, however some people are more likely to get it or get more seriously ill from it including people who:
 - spend a lot of time with someone with active TB
 - were born in or lived in an area/ country where TB is more common
 - have a weakened immune system e.g HIV, chemotherapy, organ transplant
 - under 5 years of age
 - have lived in or do live in crowded conditions e.g. homeless
 - regularly smoke/ drink alcohol or take drugs
 - have been diagnosed with TB before and it was not treated properly

Signs/Symptoms

Common symptoms of active TB include:

- persistent cough (lasting more than 3 weeks)
- coughing up blood or sputum
- a high temperature and/or night sweats, disturbed sleep
- unexplained weight loss/ loss of appetite
- feeling tired or exhausted/ generally unwell

If TB is suspected, there are a variety of tests available to diagnose including bloods samples, x rays and sputum samples. It can be treated with specific antibiotics but can be serious if not treated.

Vaccination

There is a vaccine for those who meet high risk criteria. Link for those eligible [BCG vaccine for tuberculosis \(TB\) - NHS](#)

Westmorland and Furness Health Protection Team

Email: IPC@westmorlandandfurness.gov.uk