

## What can I do about TB?

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Report suspected cases of active TB promptly. Timely reporting facilitates successful public health preventions and interventions.

Screen high risk individuals, especially those who have traveled to or lived in countries with high incidence.

Consider offering or recommending LTBI therapy for your patients who have positive PPDs/IGRAs, negative chest x-rays, and are asymptomatic. Administration of appropriate LTBI therapy may be the single most important thing you can do to control TB in your communities.

## Where can I get more information?

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For more information about tuberculosis, visit these websites:

Curry International Tuberculosis Center:  
<http://www.currytbcenter.ucsf.edu>

California Department of Public Health:  
<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Tuberculosis.aspx>

California Tuberculosis Controllers Association:  
<http://www.ctca.org>

Centers for Disease Control and Prevention:  
<http://www.cdc.gov/tb>

## COUNTY OF MONTEREY

Department of Health  
Public Health Bureau  
Communicable Disease Prevention & Control  
Tuberculosis Control Unit  
1270 Natividad Road  
Salinas, CA 93906

Phone: 831-755-4593  
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Fax: 831-796-1272  
Website: [www.mtyhd.org](http://www.mtyhd.org)

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# Tuberculosis (TB) Control Services

*Working Together to  
Eliminate TB*

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## COUNTY OF MONTEREY

**Department of Health  
Public Health Bureau  
Tuberculosis Control Unit**

January 2017

[www.mtyhd.org](http://www.mtyhd.org)  
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## What is the incidence of TB in Monterey County?

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There were 20 new cases of active TB reported among Monterey County residents in 2016 (compared to 16 in 2015).

118 close contacts to the 14 cases reported in 2014 were screened and offered preventative treatment for TB, if appropriate. 91% of contacts for whom LTBI therapy was recommended completed treatment.

90% of active cases diagnosed in 2016 were pulmonary or pulmonary and extrapulmonary. The remainder were extrapulmonary alone.

## How do I distinguish between active TB disease and LTBI?

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Latent tuberculosis infection (LTBI) is characterized by:

- No symptoms or physical findings suggestive of TB disease.
- TST or IGRA result is usually positive.
- Chest radiograph is typically normal.
- Cannot spread TB bacteria to others.
- Should consider treatment for LTBI to prevent TB disease.

Active TB disease is characterized by:

- Symptoms that may fever, cough, chest pain, weight loss, night sweats, hemoptysis, fatigue, and/or decreased appetite.
- TST or IGRA result is usually positive.
- Chest radiograph is usually abnormal. However, it may be normal in persons with advanced immunosuppression or extrapulmonary disease.
- Can spread TB bacteria to others.
- Needs treatment for TB disease.

## How do I report suspected cases of active TB disease?

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Suspected cases of active TB should be reported by faxing a completed Confidential Morbidity Report (CMR) form to 831-796-1272. Please include any TST/IGRA results, chest x-rays, and sputum results, if available. Providers are not required to report LTBI.

Blank CMR forms can be downloaded at [www.mtyhd.org](http://www.mtyhd.org).

Guidelines for how to determine if you should report a patient to the Health Department can also be found on our website ([www.mtyhd.org](http://www.mtyhd.org)).

If you need assistance completing the CMR form or have questions about reporting, please call 831-755-4593.

## What is the process for getting Health Department clearance for discharge or transfer?

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California Health and Safety Code § 121361 and 121362 (often referred to as the “Gotch Law”) requires that health facilities submit a written treatment plan to the local health department for all TB suspects and cases prior to discharge. The health department in turn has 24 hours to review the plan, approve as written, or require additional actions prior to discharge/transfer.

Guidelines for discharge/transfer and blank treatment plan forms are available on our website at [www.mtyhd.org](http://www.mtyhd.org).

## How do I refer a patient for LTBI treatment?

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In November 2015, the Health Department’s Clinic Services Bureau reduced their LTBI services. The TB Control Unit recommends patients who are asymptomatic and have negative chest x-rays be treated for LTBI in their medical home.

LTBI testing and treatment guidelines are available from the California TB Controllers Association at [http://ctca.org/fileLibrary/file\\_61.pdf](http://ctca.org/fileLibrary/file_61.pdf).

Medical providers may also contact the TB Control Unit for LTBI treatment guidance

## Why is LTBI treatment important to TB prevention and control?

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More than 11 million people in the United States have latent TB infection, which is about 4% of the total population.

About 5% to 10% of people with latent TB infection will develop TB disease if not treated. This equates to approximately 550,000 to 1.1 million people who will develop TB at some point in their life, unless they receive adequate treatment for latent TB infection.

Some underlying conditions increase the risk that latent TB infection will progress to TB disease — for example, the risk is higher in persons with HIV infection or diabetes.

It is crucial that persons with both latent TB infection and HIV infection receive treatment, coordinated in consultation with experts, for both of these conditions.