

How do I self-isolate?

Self-isolate until the TB clinic says you can go back to the community



Stay in your home

No work, school, visiting public places, or catching public transport.

You can leave home (wear a mask) for medical care, or necessary purchases.



If you live with other people

If possible, don't share a room or bathroom.

Wear a mask in the same room as others.

Tell the TB clinic if there are children in the house.



No visitors

Dropping off food, gifts and packages is okay – drop off only, no staying.



Cover coughs and sneezes

Open doors and windows to allow fresh air.



Stay virtually connected

Use apps to talk with friends and family.



Keep up a normal routine

Take your tablets. Eat healthy, drink water, and rest.

Do light exercise (like walking) if your doctor allows.



Take your medicine

Take the medicine the way your doctor told you to.

Check with your doctor if you are taking other medicines.



Watch for side effects

Contact the TB nurse if you are having side effects or feeling sick.

Call **Triple Zero (000)** if symptoms become serious for example you can't breathe.



Seek support from a counsellor

Lifeline

Phone: 13 11 14
lifeline.org.au

Beyond Blue

Phone: 1800 512 348
beyondblue.org.au



Need to know more about your TB medicine?

For more information about TB medicine and how to manage, visit www.health.nsw.gov.au/tb-meds or scan the QR code.

