

## 13. HEALTH ISSUES

### **General health advice**

This is, as anywhere, to provide *cleanliness of the premises, good food hygiene, and a 'catch it, bin it, kill it' practice for coughs and colds*. (See the Health and Safety Policy and Checklist, The Shelter Food Hygiene Policy and the 'Catch it, Bin it, Kill it' poster all available in the Shelter Policies in the Handbook.)

Most of our guests will already be registered with a GP. If not yet registered, York Street Health Practice is very helpful:

York Street Health Practice  
68 York Street  
Leeds LS9 8AA

Tel: 0113 2954840  
email: yorkstreet.healthcare@nhs.net  
web: www.bevanhealthcare.co.uk

### **Information on specific illnesses**

#### **1. TB (Tuberculosis)**

The most common symptoms of *infectious (active) TB* are:

- A cough, for 3 weeks or longer (and occasionally coughing up blood)
- Extreme tiredness
- Fever
- Night sweats
- Loss of appetite
- Weight loss

In the unlikely event that a guest has untreated and therefore infectious lung TB it is good to be aware of the symptoms and advise urgent GP referral to Leeds TB chest clinic.

#### Managing the environment

In the unlikely event of someone having untreated or infectious TB, as TB is an airborne infection, TB bacteria are released into the air when someone with infectious TB coughs or sneezes. The risk of infection can be reduced by using a few simple precautions:

- good ventilation: as TB can remain suspended in the air for several hours with no ventilation
- natural light: UV light kills off TB bacteria
- good hygiene: covering the mouth and nose when coughing or sneezing reduces the spread of TB bacteria: see the 'Catch it, bin it, kill it' good hygiene posters attached.

#### *Latent (non-infectious) TB*

People with latent TB are not ill, do not experience TB symptoms and cannot pass TB on to others. Latent TB is found by blood or skin tests. The infection is 'asleep' and can be killed by a course of antibiotic medicine. This is needed as the latent form might develop into the active form if untreated.

Relevant NHS leaflets in the Appendix:

*Tuberculosis (TB) Your Questions Answered*

*Tuberculosis (TB) Treatment*

*About Your Treatment for LATENT TB*

(We are further developing this section with information on other illnesses.)