

ECHO Script

Emergency and Community Health Outreach



Video script draft – December 14, 2007 (updated by Lillian 12-19-07)

Script

We all come to the United States from different countries and settle into a new way of life. Keeping our body healthy makes it easier for us to work, go to school, and spend time with others. That's why it is important for you to learn about tuberculosis, or TB.

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ECHO LOVES THIS LEAD PARAGRAPH – NICE IMPROVEMENT!

TB is a serious disease that spreads to other people through the air from a person who is sick with TB in their lungs. Because it is spread through the air anyone can get TB. TB affects individuals, families, and entire communities.

TB is more common in Africa, Asia, Mexico, and South America than in the United States, so people who come from these places are more likely to have TB.

You should get tested for TB if you have lived in a country where many people have TB.

(ECHO Proposed) TB is a serious disease that spreads through the air from one person to another. TB germs become airborne when a person who is sick with TB disease coughs, laughs, or sneezes. Because TB germs are spread through the air anyone can get TB.

TB is more common in Africa, Asia, Mexico, and South America than in the United States, so people who come from these places are more likely to have TB.

You should get tested for TB if you have lived in a country where many people have TB. Knowing whether you have TB can help you learn to treat and live with TB in healthy ways to keep it from spreading. (I would suggest moving this last paragraph into #3 and spreading out b-roll with content – Lillian will do this later)....

[113]

Most cultures have beliefs about TB. Many people know someone who has been very sick or even died from TB. This is why many of us are afraid of TB. The good news is that TB can be prevented and cured with the right medicine. Don't be ashamed if you have TB.

There are two phases of TB: latent TB infection and active TB disease. Both phases can be treated with medicine.

The first phase is latent TB infection. People with latent TB infection have TB germs that are "sleeping" in their bodies, they don't feel sick and can't spread TB germs to others. A person can have latent TB infection for a long time and not know it. If they don't take medicine, people with latent TB infection can get active TB disease.

The only way to find out if you have latent TB infection is to get a TB skin test or blood test.

(ECHO Proposed) Many people are ashamed to admit they have or know someone with TB. People with TB can become very sick or die from the infection if they don't get treated. There is no need to be ashamed about TB because TB can be prevented and cured with the right medicine. The key is to get tested for TB by medical professionals.

There are two phases of TB: Latent TB infection and Active TB disease. Both phases can be treated with medicine.

People with latent TB infection have TB germs that are "sleeping" in their bodies. They don't feel sick and can't spread TB germs to others. A person can have latent TB infection for years and not know it. People with active TB are sick and can spread TB germs to others.

People with latent TB infection can eventually become sick with active TB disease unless they take medicine.

The only way to find out if you have latent TB infection is to get a TB skin test or blood test.

(I would suggest splitting this paragraph into smaller paragraphs and spreading out the b-roll with the content – Lillian will do this later)....

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Active TB disease is when the TB germs “wake up” and cause damage to the body. People with active TB disease can get very sick and can spread TB to other people.

People with active TB disease may have one or more of these symptoms:

- Coughing, especially if someone coughs up blood
- Losing weight
- Sweating at night
- Fever
- Feeling tired or weak

If you have these symptoms it is very important to see a doctor right away.

Active TB disease usually affects the lungs but it can occur in other parts of the body. Only people with active TB disease in their lungs can spread TB germs. The only way to find out if you have TB is to see your doctor and have a TB skin test, a chest x-ray, and other tests.

Latent TB infection can be treated and active TB disease can be cured by taking all of the TB medicine. Free TB medicine is available in Minnesota. For people with active TB disease “Directly Observed Therapy,” or DOT, is used because it is the best way to make sure that people get all the medicine they need and that their medicine is working. DOT is when a nurse or health care worker sees you every day to give a person TB medicine.

(ECHO Proposed) Active TB disease starts when latent TB germs “wake up” causing the body to be very sick. Active TB disease usually affects the lungs but it can make other parts of the body sick. Only people with active TB disease in their lungs can spread TB germs by coughing or sneezing and sending the germs into the air.

People with active TB disease are very sick with one or more symptoms including coughing up blood, extreme weight loss, night sweats, high fever, fatigue or weakness. If you have these symptoms it is very important to see a doctor right away.

The only way to find out if you have active TB is to see a doctor and have a TB skin test, chest x-ray, and other tests.

Latent TB infection can be treated and active TB disease can be cured by taking all of the TB medicine. Free TB medicine is available in Minnesota. To make sure people diagnosed with active TB disease get all the medicine they need, patients must undergo “Directly Observed Therapy” or, DOT. This means a nurse or health care worker sees the active TB patient every day and makes sure they take all the medication.

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Many of us who were born outside of the United States received the BCG vaccine when we were children. BCG vaccine helps prevent active TB disease in young children but it does not protect for adults.

People who received BCG vaccine can have latent TB infection and active TB disease because BCG wears off after a few years. If you have a positive TB skin test, it is more likely due to latent TB infection than from BCG vaccine. Therefore, if you've had BCG, you can still protect yourself by taking medicine to treat latent TB infection.

(ECHO Proposed) Many of us who were born outside of the United States received a B-C-G vaccine to prevent TB from spreading to young children. But after a few years, the B-C-G vaccine wears out and it's possible later in life for people to get latent TB infection or the active TB disease because the childhood vaccine is no longer effective. What's important is to get a TB skin test, chest x-ray and other tests to know whether you have latent or active TB.

Reinforce our four key messages and transition to Q and A:

People from countries where TB is common should get a TB skin test.

TB is curable and preventable.

If you have TB it's important that you take all of your medicine and follow the advice of medical professional.

Anyone can have TB so there is no need to be ashamed if you have the disease.

So... are these the agreed upon "final" key messages? Has Deb approved them?