

## If you have a positive IGRA test

In Norway some groups are routinely tested for tuberculosis using the IGRA blood test.

### What does it mean to have a positive IGRA test?

A positive IGRA test means that you have been infected with tuberculosis. This does not mean that you are ill. It is believed that approximately 1/3 of the world's population are IGRA positive without suffering from tuberculosis, meaning they have what is called latent tuberculosis infection.

### Is latent tuberculosis infection dangerous?

A person with a latent tuberculosis infection has an increased risk of developing tuberculosis during his or her lifetime. Approximately 1 in 20 will experience this. Your chance of becoming ill is greatest just after you have been infected, or if your immune system is not very strong because of an illness (for example an HIV infection) or treatment (for example for cancer). There are treatments available for tuberculosis and the great majority recover completely.

### Can I infect anyone else?

Persons with latent tuberculosis are not ill and cannot infect anyone else.

### Do I require treatment?

Preventive treatment may be required in some cases to avoid the development of tuberculosis. This is for your doctor to evaluate. Such treatment is particularly relevant for some individuals, including the newly infected, children and people with a weakened immune system.

### Is there something I need to be especially aware of?

Having a positive IGRA diagnosis does not mean that you need to change your lifestyle in any way, but if you become ill you must inform your doctor that you are IGRA positive/have latent tuberculosis to ensure you receive the right treatment. This applies especially if you develop symptoms of tuberculosis, which are:

- o prolonged cough (more than 3 weeks)
- o prolonged fever
- o night sweats
- o weight loss

### Where can I find more information?

<http://www.fhi.no/tema/tuberkulose/informasjon-til-pasienter>