

About Tuberculosis

Tuberculosis (TB) is spread when phlegm or other bodily substances containing TB bacteria are sent out into the air through coughing and sneezing, and those bacteria are then breathed in by others. It is an infectious disease that primarily leads to lung inflammation.

Not all persons who breathe in TB bacteria become infected, and not all infected persons develop symptoms of the disease. When the body is tired or immune resistance is low, TB symptoms can develop more easily.

- If TB bacteria are detected in phlegm (positive sputum smear results):

Due to a high risk of infecting others, these patients are usually hospitalized for treatment. Infected people will be restricted from working in customer service jobs or other capacities that involve regular contact with numerous people.

- If no TB bacteria are detected in phlegm:

Because the risk of infecting others is low, these patients mainly receive treatment through regular clinic/hospital visits (treatment approach depends on symptoms).

In general, treatment is carried out using multiple TB medicines over a six- to nine-month period. Depending on side effects and other factors, prescribed medicines may be changed partway through the treatment regimen.

Although symptoms disappear following the start of treatment, stopping treatment partway throughout the treatment period will cause bacteria to multiply and become less manageable, thus preventing recovery. Furthermore, failure to continue taking medicine throughout the prescribed period may cause the bacteria to develop a stronger resistance, rendering medicines ineffective.

Therefore, it is vital to take medicines for the entire period prescribed.

DOTS (Directly Observed Treatment, Short-Course)

It takes a lot of effort for TB patients to continue taking their prescribed medicines every day. In order to ensure the continued use of these medicines, a public health nurse will contact the patient periodically in order to provide treatment-related support.

Depending on the patient's lifestyle and circumstances, we may check with the patient to ensure that they are taking the medicines prescribed and ask if any side effects have occurred at the ward office, a pharmacy or other such location. We also offer consultations related to treatment and recovery.

If necessary, we may contact the patient's doctor as well.



If you have any questions or concerns, feel free to contact us anytime.

Notes

For Patients Receiving Tuberculosis Treatment

Your local health and welfare center (public health center) provides treatment and recovery support and makes efforts to prevent the spread of tuberculosis (TB).

◆ **Continuous support until treatment is completed**

- Contacting patients periodically to ensure medicine is being taken
- Consultations related to treatment, TB, daily life, etc.
- Information on public subsidization for medical expenses



◆ **Contacting patients periodically following completion of treatment in order to detect relapse early**

◆ **Medical examinations and consultations to detect infection and symptoms early in others**

◆ **Information on TB**

Health Promotion Section, Social Welfare and Public Health Division,
_____ Ward Health and Welfare Center, Yokohama City

Contact Point: Public Health Nurse: _____ Office: _____

Tel: _____ Fax: _____

Applying for Public Subsidization of Medical Expenses

In order to help patients feel more secure and confident in the continuation of their tuberculosis (TB) treatment, a TB medical cost subsidization (full or partial subsidization) system has been established based on the Act on the Prevention of Infectious Diseases and Medical Care for Patients with Infectious Diseases (Infectious Diseases Control Law).

You can apply for the subsidization at the Health Promotion Section in the Social Welfare and Public Health Division of your ward's health and welfare center.

If Hospitalization is Required to Prevent TB Spread (Doctor-recommended Hospitalization)

◆ Eligibility

When a patient is likely to infect others, such as by having TB bacteria detected in phlegm (positive sputum smear results), and hospitalization is necessary.

◆ Public Subsidy Coverage

All medical-insurance-covered treatment co-payments will be covered by public subsidy. Medical care not covered by insurance will not be covered. Expenses for things other than treatment, examinations, and recovery support will be covered by the patient.

(However, if the total municipal resident tax for the household of the patient in question exceeds 564,000 yen, the patient bears responsibility for 20,000 yen of any costs including treatment, examinations/tests, and recovery/recuperation. In the case of a hospitalization period of less than 30 days, the amount will be calculated on a per diem basis as a percentage of the 20,000 monthly total.)

◆ Coverage Period

Public subsidy coverage continues until the risk of infection is confirmed to be gone. (until hospitalization due to recommended hospitalization has ended)

◆ Application Method

Fill out the application form and submit it along with required documents.

Documents required for application:

- ① Copy of your health insurance card
- ② Resident Certificate/Juminhyo (showing all household members and family relationships)
- ③ A document(s) certifying income tax amount (for all household members)
A Taxation (Exemption) Certificate (kazei (hikazei) shomeisho) or a copy of your Notice of Finalized Amount of Municipal Resident's Tax (shichosonminzei no kettei tsuchisho)



The finalized amount of your income based residence tax payment from the fiscal year corresponding to the month you were in the hospital (if you were in the hospital in April, May, or June, the previous fiscal year)

Public Assistance Recipients	Certificate of Public Assistance Receipt issued by public assistance personnel (original)
People who are receiving special financial support (such as Japanese returnees from China)	A copy of your ID

※There are situations in which ② and ③ may not be required

※The amount you are required to pay will be checked again based on the information on July 1st.

★ Contact Us Immediately in Any of the Following Cases

(May affect public subsidy receipt)

- If your TB treatment method/approach changes
 - Change of TB medicine(s)
 - Surgery or medical apparatus becomes necessary as part of TB treatment
 - Switch from regular clinic/hospital visits to hospitalization (inpatient admission)
- If your address, name, or TB treatment clinic/hospital changes

If Regular Clinic/Hospital Visits are Required (Including Hospitalization Not Initiated by Doctor Recommendation)

◆ Eligibility

When hospitalization is not required (no doctor recommendation for hospitalization) according to the Infectious Diseases Control Law

◆ Public Subsidy Coverage

The patient will be responsible for 5% of medical expenses (co-payments), and public subsidization will cover the other portion of expenses.

(Subsidization according to health-insurance-related laws, the Long-Term Care Insurance Act, and other laws and regulations will be applied first.)

Eligible Treatments and Procedures:

- Tests and examinations: bacteriological tests (sputum smears, cultures), chest x-rays, CT scans, diagnosis fees
(polymerase chain reaction (PCR)-based assays and magnetic resonance imaging (MRI) scans are ineligible)
- Medicines: antituberculosis drugs (14 types), corticosteroids used for TB treatment (Includes drug administration fees, drug prescription fees, compounding fees, basic pharmacy charges and injection fees. Medicine information provision fees and other medicine-related fees not listed here, including those charged for treatment of side effects, are ineligible.)
- Surgical procedures/treatments and related procedures as well as hospitalization required for TB treatment
(fees charged for meals during hospitalization are ineligible)
- Apparatus-based treatments and hospitalization for bone-joint tuberculosis
(fees charged for meals during hospitalization are ineligible)

First-examination fees, re-examination fees, consultation fees, medical certificate issuance fees, and cooperation fees are not covered by public subsidization.

The bundled payment (DPC) system does not apply.

◆ Coverage Period

Public subsidy coverage continues for a maximum of six (6) months starting from the date of application receipt.

If further treatment is required after the approved coverage period has ended, the patient must reapply (apply for continued subsidization).

Please note that **subsidization is considered to be valid starting the day that the health and welfare center receives the application, or on the postmark date in the case of submission by postal mail.**

◆ Application Method

Fill out the application form and submit it along with your doctor's written statement, a chest x-ray taken within the last three months, and other relevant documents.

