

# **Multi drug Resistant (MDR TB) and Extensively Drug Resistant Tuberculosis (XDR TB)**

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## **What is it?**

- Mycobacterium tuberculosis (TB) is a germ (bacteria) that is found all over the world.
- TB can cause very serious disease if not treated.

## **What is Multi drug Resistant TB (MDR TB)?**

- These infections are hard to treat – called multi-drug resistant because many antibiotics used to treat infections do not work.
- MDR TB is resistant to at least Isoniazid and Rifampin. These medications are used to treat TB.

## **What is Extensively Drug Resistant TB (XDR TB)?**

- A rare type of MDR TB that is resistant to Isoniazid and Rifampin and other antibiotics.
- Patients with XDR TB have treatment options that are less effective.

## **How is it spread?**

- When someone with TB is sick and they cough and sneeze, the germ (bacteria) is released into the air and you may breathe it into your lungs.

## **Who is at risk for getting MDR TB and XDR TB?**

- People who do not take their TB medicine regularly.
- People who do not take their medicine as prescribed by their doctor.
- People who develop TB disease again.
- Coming from areas in the world where Drug Resistant TB is common.
- Have spent time with someone known to have MDR and XDR TB.
- HIV infection or other conditions that can weaken your immune system.

## Is there treatment for it?

- Treatment will be decided by your doctor. You may need to see a specialist.
- Unfortunately, there are very few medications that can be used to treat MDR TB and XDR TB.

## What can be done to prevent the spread of it?

- Recognizing and treating TB as soon as possible.
- Take all of your medications as prescribed by your doctor.
- Avoid exposure to persons with MDR TB and XDR TB.

If you have TB and are in the hospital:

- You will be placed in “Airborne Precautions” (isolation) which means that you need to stay in your room with the door closed.

If you have TB and are at home:

- Public Health will be checking in with you.
- You may need to wear a mask when leaving your home.
- Do not spend time in closed spaces with others until your doctor says you can no longer give TB to others.

If you are not wearing a mask, cover your mouth and nose with a tissue when you cough and sneeze and wash your hands with soap and water or hand sanitizer.

Always remember to tell your doctor, nurses, dentist, paramedics or other care providers that you may have MDR TB or XDR TB.

## For more information visit:

CDC Centres for Disease Control and Prevention

<https://www.cdc.gov/tb/topic/drtb/default.htm>

<https://www.cdc.gov/tb/publications/factsheets/drtb/xdrtb.htm>

**Stop the spread of germs and infection.  
Clean your hands.**



This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.