



WHAT IS NTM?


NTM Stands for nontuberculous mycobacteria

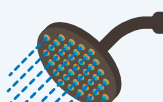
 Bacteria similar to tuberculosis (TB)

 Spread through environment, not person to person


50% Cure rate is only about 50%

WHERE IS NTM FOUND?

 NTM bacteria are abundant in soil and water


 NTM can live in the shower head—soap/calcium build-up may also contain NTM

 Water droplets and steam in showers can carry the bacteria and be inhaled while showering

 Soil particles containing NTM can be inhaled when soil is stirred

WHO CAN GET NTM?

Anyone can get NTM, but it mostly affects:

 People with underlying lung disease (e.g., COPD, bronchiectasis)

 Tall, thin women

30,000 New NTM infections are diagnosed **each year**






A disease called NTM may be spread through water from contaminated shower heads.



SYMPTOMS

-  Chronic or recurring cough
-  Fever
-  Weightloss
-  Lack of appetite
-  Night sweats
-  Loss of energy

PREVENTION

-  Clean your shower head by soaking in vinegar or water
-  Replace shower heads periodically as needed
-  Set water heater to 140° (use caution to avoid scalding)
-  Remove the shower head completely
-  Take baths instead of showers
-  Avoid steam rooms, hot tubs, etc. where steam or droplets with bacteria particles could be inhaled
-  Wear a mask and gloves while gardening

NEED HELP/MORE INFO?

njhealth.org
1.800.222 LUNG (800.222.5864)



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