

**Take your medicines every day  
with the help of DOT.**

**DOT is free.**

**TB is preventable and curable.**

If you have any questions please call  
your nurse or DOT worker:

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North Region .....416-338-8380  
South Region .....416-392-7457  
East Region .....416-338-7492  
West Region.....416-338-1521

[targettb@toronto.ca](mailto:targettb@toronto.ca)

416.338.7600  
[toronto.ca/health](http://toronto.ca/health)



# **Curing Tuberculosis with Directly Observed Therapy (DOT)**



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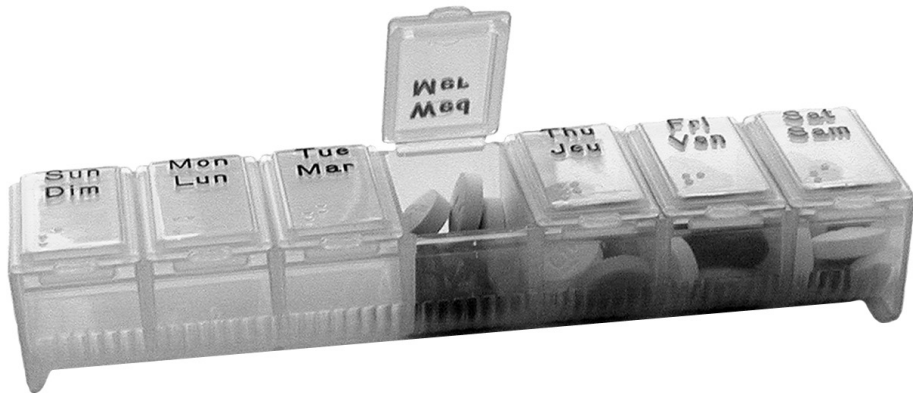
## What is DOT?

- DOT is Directly Observed Therapy.
- It is a program to help cure Tuberculosis (TB).
- You will take TB medicines for six months or more.
- A DOT worker meets with you to help you with your TB medicines.
- **DOT is free.**

## How does the DOT Program work?

A DOT worker will:

- Meet you at your home or another place.
- Meet you about five times a week until you finish your treatment.



## How can your DOT worker help you?

While you are taking TB medicines, your DOT worker will:

- Watch for side effects.
- Help you take your medicines correctly.
- Help support you until your treatment is finished.
- Help you with your TB doctor's appointments.
- Help you with other concerns.

## Why is it important to take your TB medicines every day?

- Taking your medicines every day will cure your TB.
- If you don't take your TB medicines every day, the TB germs can grow back and may become harder to cure.
- It is very important to take your TB medicines even when you feel better because it takes a long time to kill every TB germ.