

## Department of Health & Mental Hygiene Chest Centers

### Bronx and Staten Island

**Morrisania Chest Center** 1309 Fulton Avenue, 1st Floor, Bronx  
Phone 718-579-4157 / 718-579-4163

**Richmond Chest Center** 51 Stuyvesant Place, 4th Floor, Staten Island  
Phone 718-420-1028 / 718-420-1167

### Brooklyn

**Bedford Chest Center** 485 Throop Avenue, 3rd Floor  
Phone 718-574-2462 / 718-574-2463

**Brownsville Chest Center** 259 Bristol Street, 3rd Floor  
Phone 718-495-7258 / 718-495-8281

**Bushwick Chest Center** 335 Central Avenue, 2nd Floor  
Phone 718-573-4886 / 718-573-4891

**Fort Greene Chest Center** 295 Flatbush Avenue Extension, 4th Floor  
Phone 718-643-8357 / 718-643-8358

### Manhattan

**Chelsea Chest Center** 303 Ninth Avenue, 3rd Floor  
Phone 212-239-1757 / 212-239-1790

**Washington Heights Chest Center** 600 W. 168th Street, 3rd Floor  
Phone 212-368-4500

### Queens

**Corona Chest Center** 34-33 Junction Boulevard, 2nd Floor  
Phone 718-476-7635 / 718-476-7636

**Far Rockaway Chest Center** 67-10 Rockaway Beach Boulevard, 2nd Floor  
Phone 718-474-2100 / 718-474-2101

**Jamaica Chest Center** 90-37 Parsons Boulevard, 4th Floor  
Phone 718-262-5539

### My Chest Center

Phone:

Directions:

Hours:

Other:

### Monthly Check-ups Are Important

You must come to the center to:

- ✓ Get the next month's supply of medicine
- ✓ Make sure you are not having any side effects
- ✓ Ask any questions you have



New York City Department of Health & Mental Hygiene  
Bureau of Tuberculosis Control



LET ME  
INTRODUCE  
YOU TO DOT  
FOR LTBI:

DIRECTLY OBSERVED THERAPY  
FOR LATENT TB INFECTION

# DOT Works! DOT Can Cure TB!

DOT stands for **Directly Observed Therapy**. It is a program where you work with a personal health care worker to make sure you get better. It is also widely known as the best way to provide treatment for people with tuberculosis (TB).

## Tell me more.

When you first breathe TB germs into your lungs, your body protects you by building a wall around the germs. This makes the germs go to “sleep” and stops them from hurting your body. Sleeping TB germs are called “latent TB,” and people with latent TB are said to have **latent TB infection (LTBI)**. If these TB germs later “wake up” when your body cannot protect you, you can develop **active TB disease**. People with active TB disease feel very sick and can spread TB germs to other people.

TB germs are easiest to kill before they “wake up.” However, treatment for LTBI is difficult for many reasons. It requires taking medicine (usually isoniazid, also known as INH) for 9 months. Most people have trouble remembering to take their medicine. But if people with LTBI do not finish all their prescribed medicine, then they can become sick with TB in the future.

With DOT, you do not have to worry because you know that someone is looking out for you. You, your doctor, and a trained DOT worker become a team. All of you work together throughout the entire treatment process to make sure that you do not develop active TB disease.

DOT for LTBI is convenient and easy to arrange, and it can fit into your daily routine. You can arrange for DOT wherever it is convenient and private for you, such as:

- At any of the Chest Centers in New York City
- At home
- At work
- At some hospital clinics



## Other DOT benefits include:

- ✓ Free TB medicine
- ✓ Frequent medical checkups
- ✓ Free Metrocards and certificates to fast-food restaurants
- ✓ Free social services

With DOT for LTBI, you develop relationships with specially trained healthcare workers, people who can help you with your treatment and help refer you to other services and resources that you may need.

## Am I eligible for DOT?

If you live in New York City and have been diagnosed with latent TB infection, talk to your physician, nurse or public health advisor (PHA) to determine if you are eligible for DOT for the treatment of LTBI.

Like all New York City Health Department TB services, you do not need health insurance, and you do not need to worry about immigration. Your health is our primary concern.

## Why should I do DOT?

Because it works! And it is free and confidential!

Remembering to take your medicine is hard. But if you stop taking your medicine before your doctor tells you to, or take it only once in a while, you can get sick with TB and spread TB to others around you.

With DOT, we provide you with the support you need to stick to treatment. Ask your doctor, nurse, or PHA for more information.

## How do I sign up?

It is easy. All you have to do is tell one of our physicians, nurses or public health advisors (PHAs) that you want to enroll in DOT, and she or he will take it from there.