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Location Services Website Requirements **TB** Checklist

TBSP

Tuberculosis Surveillance Program at U of IA

- Screening and targeted testing for tuberculosis (TB) is a key strategy for controlling and preventing TB infection and disease on the U of IA campus
- Early detection provides an opportunity to promote the health of affected individuals through prompt diagnosis and treatment while preventing potential spread to others.


"Tuberculosis Screening and Targeted Testing of College and University Students", ACHA Guidelines, 4/2012

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What is Tuberculosis (TB)?

- Bacterial infection caused by *Mycobacterium tuberculosis*
- Spread through the air
- Can live in a room 12-24 hours
- Most (75-85%) TB affects lungs






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TB symptoms

- Fever
- Chills
- Fatigue
- Night sweats
- Loss of appetite
- Unexplained weight loss
- Coughing for 3 weeks or longer
- Hemoptysis (coughing up blood)
- Chest pain

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TB facts

Active TB spreads by

- Coughing
- Singing
- Sneezing
- Speaking

People nearby may breathe in these bacteria and become infected



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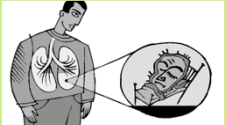
TB Infection or TB Disease?

TB Infection

- Bacteria present in the body but it is not active
- No TB symptoms
- You do not feel sick
- Cannot spread the disease

TB Disease

- Bacteria is active and growing in the body
- TB symptoms are present
- You may feel sick
- Can spread the disease



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Who gets screened and tested for TB?


- All international students
- All health science students
- Students with risk factors for exposure to TB
- International travelers
- Students with TB symptoms

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How do we test for TB?



- Blood test: **IGRA** (Interferon Gamma Release Assay)
- Skin test: **TST** (Tuberculosis Skin Test)

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Blood tests

IGRA tests

- QuantiFERON®-TB Gold In-Tube test (QFT-GIT)
- T-SPOT®.TB test (T-Spot)

IGRA tests measure a person's immune reactivity to *M. tuberculosis*

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Advantages of IGRA tests

- More specific than TST (skin test) in people who received BCG (Bacille Calmette-Guérin) vaccination in childhood
- Does not cross-react to common non-TB bacteria
- Require a single visit to conduct the test

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IGRA Test Results

- Will be mailed to you within 1-2 weeks
- You might be contacted by phone by the nurse

Please set up a voice mail on your phone

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IGRA Test Results

Negative

- no further testing is needed
- at the present time you do not have the bacteria that causes tuberculosis

Positive

- Previous exposure to TB
- Could be active disease
- Chest X-ray (CXR) is **required** to rule out active TB
- You will need a follow-up visit with SHS doctor

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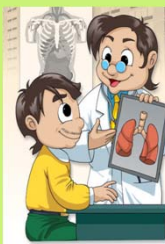
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Chest X-ray

Location:

- UIHC (University of Iowa Hospitals and Clinics)
- Radiology department
- Elevator **F** to the **third** floor



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Important Information

Before You Go to Radiology:

- Call our clinic at **319-335-9704** to let us know **when** you will be able to have your chest x-ray done so it can be ordered
- We will also help you make a **follow-up appointment** with Student Health doctor to discuss your CXR results and further actions

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Important Information

- Bring all immunization records, lab reports, important health information with you to immunization clinic
- Forms have to be completed in English
- Ask volunteers or staff for help
- Eat something before you come to the clinic
- Drink plenty of water

Come to your appointment on time