

## GARDEN CITY COMMUNITY COLLEGE TUBERCULOSIS INFORMATION FACT SHEET

### What is Tuberculosis?

Tuberculosis, often referred to as TB, is a disease caused by a bacterium called Mycobacterium Tuberculosis. The bacteria usually attack the lungs; however TB bacteria can attack any part of the body such as the kidneys, spine, and brain. If not treated properly, TB disease can lead to death.

### How is TB spread?

Tuberculosis is spread by breathing in the Mycobacterium Tuberculosis bacteria which has been expelled through a cough or sneeze by someone with active TB. This can happen anywhere. You may never know from whom you got the disease.

### What are the symptoms of TB?

General symptoms may include feeling weak or sick, weight loss, fever, and/or night sweats. Symptoms of TB of the lungs may include cough, chest pain, and/or coughing up blood. Other symptoms depend on the particular part of the body that is affected.

### Does everyone who is infected with TB bacteria get sick?

No, there exist two types of TB conditions: Latent TB infection and Active TB disease

Latent TB infection - TB bacteria can live in your body without making you sick. Most people who breathe in the TB bacteria and become infected are able to fight the bacteria and stop them from growing. People with latent TB infection do not feel sick and do not have any symptoms. The only sign of TB infection is a positive reaction to a TB test. People with latent TB infection are not infectious and cannot spread TB bacteria to others. However, if TB bacteria become active in the body and multiply, the person will get sick with TB disease and will be able to spread TB.

Active TB Disease –TB bacteria become active if the immune system can't prevent them from growing. When TB bacteria are active (multiplying in your body), this is called TB disease. TB disease will make you sick. People with TB disease may spread the bacteria to those they spend time with every day in close quarters.

### How will I know if I have TB?

Get a TB test as a screening measure. If the test is positive, follow-up testing may need to be done to determine if you have TB infection or TB disease.

### What is the BCG vaccination?

BCG is a vaccine which has been widely used in many countries (**not the United States**) to provide immunity against Tuberculosis. It is usually given on the left shoulder or forearm. It is often given to babies and repeated at five to ten year intervals.

### If I have already had the BCG vaccination, do I still need to undergo TB testing?

Yes, studies have shown that the BCG vaccination is often not effective in preventing TB infection. Due to possibly affecting the results of the TB SKIN test, a BLOOD test is strongly recommended of anyone having a history of BCG vaccination.

### If I had a TB test in the past, do I still need to undergo TB testing?

If you are from a country other than those listed below or have spent more than 3 months in a country not on the list below or have received the BCG vaccine, you must undergo TB testing.

Albania	Canada	Germany	Nauru	Sweden
American Samoa	Chile	Greece	Netherlands	Switzerland
Andora	Costa Rica	Grenada	New Zealand	Turks & Caicos Islands
Antigua & Barbuda	Cyprus	Hungary	Norway	United Kingdom of Great Britain & North Ireland
Australia	Czech Republic	Iceland	Saint Kitts & Nevis	United States Virgin Islands
Austria	Denmark	Ireland	Saint Lucia	United States of America
Bahamas	Dominica	Italy	Samoa	Wallis & Futuna Islands
Barbados	Fiji	Jamaica	Slovakia	
Belgium	Finland	Luxembourg	Slovenia	
British Virgin Islands	France	Malta	Spain	

## How will I be tested for TB?

There are two tests that can be used to help detect if a person has TB: a **skin** test or a **blood** test.

1. Mantoux tuberculin skin test: The TB skin test (Mantoux tuberculin skin test) is performed by injecting a small amount of fluid (called tuberculin) under the skin on the forearm (between elbow and wrist). A person given the tuberculin skin test must return 48 to 72 hours to have a trained health care provider examine the area for a reaction.
2. TB blood test: The TB blood test, called interferon-gamma release assays or IGRAs or Quantiferon Gold, measures how the immune system reacts to the bacteria that cause TB. Only one visit is required.

## Should I have a TB skin Test or a TB blood test?

You are strongly urged to undergo a TB blood test, if you:

- If you were born or lived in a country not on the list of excluded countries.
- Have received the BCG vaccination

Using the TB skin test on individuals who have had the BCG vaccine can sometimes lead to false positive testing results, meaning the person is thought to have the TB bacterial infection when in fact he/she doesn't. Unlike the skin test, the TB blood test is NOT affected by the BCG vaccination.

## Where should I go to be tested?

Check with your local health care providers for availability. Finney County Health Dept. administers both the skin and blood tests and is the point of contact for all Tuberculosis Services in Finney County and GCCC.

## What is the cost of a TB test?

QT Blood Test: approximately \$75.00    PPD Skin Test: \$10.00-\$20.00    Chest X-ray - \$225.00

All students will be required to bear the cost of TB testing and any follow up medical expenses related to TB testing. Costs vary among regions and local providers. You will need to make your own payment arrangements and schedule your own appointments. Check your insurance for coverage these tests. In Finney County, the Finney County Health Dept. is a provider of TB services. Their number is 620-272-3600.

If the tuberculin test is **positive**, you must obtain a chest x-ray. In Finney County, these can be obtained at St. Catherine Hospital through the Finney County Health Dept.

If the chest x-ray is **negative** – student will be asked to take anti-tuberculosis medication. This medication is provided free-of-charge by the State of Kansas.

If chest x-ray is **positive** – 3 sputum cultures will be obtained and sent to the Kansas State Health Department. The student will take several anti-tuberculosis medications provided free-of-charge by the State of Kansas.

## When should I go for my TB test?

All forms must be on file before the first day of class. Those who do not meet this deadline will be dropped from their classes. It is strongly recommended that you begin this process at least 4 weeks before the first day of class.

## What does a negative, positive or an indeterminate TB result mean?

### If the test result is negative: (GOOD)

This means you are most likely **not infected** with TB. Once you submit the result of a negative TB test to GCCC, you will be cleared for class attendance. Further testing for TB will only be required of you if you are still at this college two years from the time you were last tested.

### If the test result is positive: (Chest x-ray needed)\*

This means that most likely you **are infected** with the TB bacterium (germ). If you are not sick, then the infection is probably Latent TB Infection (LTBI) or inactive TB. People with latent TB infection are not infectious and cannot spread TB bacteria to others. However, if TB bacteria become active in the body and multiply, you will get sick with TB disease.

**If the test result is indeterminate:**

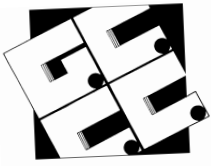
This means that the infection status with the TB bacterium could not be determined. It does not mean the test failed. You may be required to undergo a chest X-ray or have another TB blood test if you get an indeterminate result.

**Will I need to take medication if I have a positive TB test result?**

Most people who have a positive TB result have latent TB infection, which cannot be transmitted and does not cause symptoms. A 6 to 9 month course of treatment with antibiotics may be recommended by the Finney County Health Department to kill the tuberculosis infection. If you don't take the medication, the bacteria will remain in your lungs, and you will always be in danger of getting active tuberculosis. If you choose not to take the course of treatment recommended by the County Health Department, you will need to submit to a yearly signs and symptoms check with a health care provider and possibly a yearly chest x-ray report to be cleared for class attendance at GCCC.

Active TB disease can be transmitted and is very serious, sometimes causing permanent damage and even death. It is curable with appropriate medication and treatment. Antibiotics, tracking and follow up with the health department will be required in cases of active TB. Isolation procedures will be instituted until patient is deemed safe for contact with others.

The State of Kansas through the local County Health Department provides free treatment medication to all students identified as having latent TB infection or active TB disease.



# GARDEN CITY COMMUNITY COLLEGE

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## TUBERCULOSIS PREVENTION AND CONTROL POLICY

In compliance with Kansas Statute KSA 2009 Supp. 65-129, effective fall, 2012, all Garden City Community College students with the intention of enrolling and attending classes at GCCC, will be assessed for risk of tuberculosis by completing a Tuberculosis Risk Assessment before enrollment. (Exempt students will include those entering the medical professions of Nursing, EMIC, and Certified Nurse Aide, and those participating in continuing education programs and seminars.)

Students determined “high risk” for tuberculosis as defined by the Kansas Department of Health and Environment guidelines will be required to complete a TB evaluation. In southwest Kansas, Finney County Health Department, 919 Zerr Rd, Garden City, Kansas will provide testing and evaluation of high risk students. High risk students include students born in a country of high risk, traveling and spending more than 90 days in a high risk country, receiving the BCG vaccination, having contact with a known case of TB disease in the last 90 days, or a history of a positive TB test. High risk students will have a completed Certificate of Health, signed by appropriate health care personnel to present at GCCC for enrollment.

### Disease Reporting Requirements

State laws and regulations require that cases of tuberculosis be reported to the local and state health department. Collaboration with Finney County Health Department (FCHD) will insure proper reporting and monitoring of treatment plans.

The Kansas TB Control Program, along with FCHD, provides medications for preventive measures and treatment of TB at no cost to individuals.

Students will be responsible for their expenses and treatment plans related to the Kansas TB Control Program. More information is available at:

[http://www.kdheks.gov/tb/download/KAR\\_28-1-30-32\\_Proposed\\_Regs.pdf](http://www.kdheks.gov/tb/download/KAR_28-1-30-32_Proposed_Regs.pdf).