

# Available Testing

---

## *Tuberculosis*

Tuberculosis (TB) is a serious disease caused by “active” TB bacteria. TB usually results in damage to the lungs, but can affect other organs as well.

### **How is it spread?**

TB is spread by breathing infected airborne droplets from a person with active TB who has coughed or sneezed nearby.

### **Who is at risk?**

Everyone is at risk, but those who have increased risk are:

- People who have close day-to-day contact with a friend, family member or co-worker with active TB.
- People who work in crowded, poorly ventilated areas.
- People who work in healthcare, correctional institutions, homeless shelters, long-term care facilities and drug treatment centers
- Foreign-born persons from regions where TB is prevalent
- People with depressed immune systems

### **TB Testing**

A small amount of PPB Tuberculin is placed just under the top layer of the skin on the arm. The area is examined 48-72 hours later by a nurse. This reading determines a positive or negative skin reaction.

## ***St. Luke's Work Well Solutions***

In addition to providing vaccination services for your employees, St. Luke's Work Well Solutions provides all OSHA mandated services including care of work-related injuries, physical and occupational therapy, ergonomic evaluations of the workplace, employee wellness programs, vaccination, CPR/AED/First Aid training, back injury prevention seminars, employee assistance programs and much more.

St. Luke's Work Well Solutions can provide on-site vaccination services, saving your company both time and money.

For more information please contact Stacey Bowden at [bowdenss@ihs.org](mailto:bowdenss@ihs.org) or (319) 369-8154.

# Are Your Employees Protected?

Immunization information for the workplace



**Work Well Solutions**

# Available Vaccinations

---

## Hepatitis A

Hepatitis A is a virus that causes inflammation of the liver.

How is it spread?

Hepatitis A is spread from person to person by fecal/oral contact or by putting something in the mouth that has been contaminated with stool. Contaminants include water, food, unclean hands or objects that have come in contact with feces.

### Who is at risk?

Everyone is at risk, but those who have increased risk are:

- Sewage workers or anyone who works with contaminated water.
- Food handlers.
- Daycare workers.
- People traveling to countries with high rates of hepatitis A.

### Immunization

The Hepatitis A vaccination consists of two injections six months apart.

## Hepatitis B

Hepatitis B (HBV) is also a virus that causes inflammation of the liver. HBV can cause liver damage leading to cirrhosis and an increased risk of liver cancer.

### How is it spread?

HBV is spread by exposure to blood or body fluids of an infected person. It is most commonly spread by sexual contact of blood-to-blood contact with someone who already has the virus.

### Who is at risk?

Everyone is at risk, but those who have increased risk are:

- People whose jobs may expose them to human blood.
- People who share a household with someone who had chronic HBV.
- Injection drug users
- People traveling to countries with high rates of hepatitis B.
- People who've had a blood transfusion prior to 1975.
- Those who've had tattoos or other needle stick injuries.
- People who had or are having hemodialysis.

### Immunization

The HBV vaccination includes three injections within a six-month period. A blood test is recommended two months after the last injection to ensure proof of immunity.

## Twinrix Immunization

This is a combination vaccine used to prevent Hepatitis A and Hepatitis B for an individual needing protection for both. Vaccination consists of three injections within a six-month period. A blood test is recommended two months after the last injection to ensure proof of immunity.

## Influenza

Influenza (flu) is caused by a virus. It spreads from an infected person to the nose or throat of others. The "flu season" in the United States lasts from November through April and peak time is late December through early March.

### Who is at risk?

Everyone is at risk, but those who should have annual flu shots are:

- People age 50 or older.
- Residents of long-term care facilities.
- Anyone with serious long-term health problems.
- Those with weakened immune systems
- Women past the third month of pregnancy.
- Physicians, nurses and family members of those in contact with people at risk for serious influenza.

### Immunization

The viruses that cause influenza change often, so annual vaccination is necessary to prevent the flu. Anyone who wants to reduce their chance of flu should receive the vaccine in the fall of the year.