Chapter 4
Protecting Ourselves from Tuberculosis Is In Our Hands . . .

Protegernos de la tuberculosis está en nuestras manos . . .

This chapter shows a contact investigation and explains the TST and IGRA tests, while addressing fears about confidentiality. A healthcare worker conducts a contact investigation, explaining the TST and IGRA tests to Rosario, Juan’s co-worker, who decides to get tested. Confidentiality and immigration concerns are addressed.

The healthcare worker, Lorena, arrives at the restaurant where Juan works. Lorena wants to speak with those that might have been exposed to TB.

<table>
<thead>
<tr>
<th>Lorena</th>
<th>Good morning Don Roberto. My name is Lorena and I’m from the health department. Remember, we spoke earlier on the phone?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don Roberto</td>
<td>Of course, I’ve been waiting for you.</td>
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</tbody>
</table>

Don Roberto takes Lorena to the kitchen to explain to Juan’s co-workers her reason for Lorena’s visit. Don Roberto introduces Lorena to Karla.

<table>
<thead>
<tr>
<th>Lorena</th>
<th>Like I was telling you, what we are looking for is to determine if there is anyone here who might be infected with TB.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lorena</td>
<td>This will be quick; I won’t take up much of your time.</td>
</tr>
<tr>
<td>Lorena</td>
<td>But I would like to talk to you each in private to explain more of the details.</td>
</tr>
<tr>
<td>Karla</td>
<td>Why don’t you start with my co-worker Rosario? Right now I’m behind on this.</td>
</tr>
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</table>

Alone with Rosario, one of the cooks, Lorena explains in detail the risks of TB and the need to be tested.

<table>
<thead>
<tr>
<th>Lorena</th>
<th>We know that you have been in contact with a patient who has TB.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosario</td>
<td>No!!!</td>
</tr>
<tr>
<td>Lorena</td>
<td>Unfortunately it’s true, but don’t worry. That’s why we’re here.</td>
</tr>
<tr>
<td>Lorena</td>
<td>TB is a disease transmitted through the air, and a person that has been in the same place as someone who is sick can get sick.</td>
</tr>
<tr>
<td>Lorena</td>
<td>The only way to know if you’re infected is to get the TB test.</td>
</tr>
<tr>
<td>Lorena</td>
<td>That’s why we want you to take the test.</td>
</tr>
<tr>
<td>Rosario</td>
<td>No, I’m fine right now. I don’t feel sick.</td>
</tr>
</tbody>
</table>
Lorena
But it’s better to do it to be sure. The test is very simple and can prevent you from getting seriously ill.

Rosario
And what is the test like?

Lorena
Well nowadays there are two types of tests. One is a skin test, called TST.

Lorena
The other is a blood test called an IGRA.

Lorena
With the TST we inject a substance called PPD into the skin of the arm, and you measure if there is a reaction or not.

Lorena
In the IGRA, we take some blood, and you measure if there is a reaction with the TB.

Rosario
And I have to do both tests?

Karla
No, let me explain your options.

Lorena
With the TST, you have to return to the health center within 2 to 3 days after the test is done. There they measure the reaction in the skin and tell you if the result came out negative or positive.

Lorena
IGRAs will measure the reaction of your blood with TB and you don’t have to return to the clinic to measure the reaction. But this test is not always available.

Rosario
Ah, ok. Now I understand the difference.

Lorena
I’d like to make you an appointment at the Health Center to do the test.

Lorena
How is tomorrow?

Rosario
Fine. At what time?

Lorena
In the morning. And don’t worry. The test is quick and we will know your results soon.

Rosario
I do have one worry. Will my personal information be released? Or will it become public?

Lorena
Not at all. All the tests are secure and confidential.

Rosario
Great! That’s a relief! In that case I’ll see you tomorrow in the morning.

Lorena
Ok, very good. I’ll see you then. Can you tell Karla I’d like to talk to her now?

Rosario
Yes, of course.

Rosario finds Karla after saying goodbye to Lorena.