April 15, 2014

Dear Parent/Guardian,

Santa Clara County continues to have one of the highest rates of tuberculosis (TB) in the United States. TB is a bacterial infection spread through the air and can affect the lungs, brain, bones, or any part of the body. Children can become infected when traveling, from household members, family, or visitors who are infected. Children exposed to someone with TB have a very high risk of developing active TB. If diagnosed early, TB is treatable and preventable.

Santa Clara County has required mandatory tuberculosis (TB) testing for students enrolling in school. However, effective June 1, 2014, students enrolling into school will be required to undergo TB testing ONLY if their healthcare provider identifies a risk factor for TB exposure. Prior to school enrollment children will be required to have their healthcare provider complete the Santa Clara County Public Health Department Risk Assessment for School Entry form which is attached. Take this form to your provider to complete and return to your child’s school. This requirement applies to students attending both public and private schools in Santa Clara County and is based on the authority given the Santa Clara County Health Officer under the California Health and Safety Code, Section 121515.

This new policy will decrease unnecessary testing and allow healthcare providers to ensure that children who have TB infection are evaluated and treated promptly.

Thank you for helping us protect the health of your children.

Sincerely,

Teeb Al-Samarrai, MD
Tuberculosis Controller

Board of Supervisors: Mike Wasserman, Cindy Chavez, Dave Cortese, Ken Yeager, S. Joseph Simitian
County Executive: Jeffrey V. Smith
Santa Clara County Public Health Department  
TB Risk Assessment for School Entry

This form must be completed by a licensed health professional and returned to the child's school.

1. Was your child born in Africa, Asia, Latin America, or Eastern Europe?  
   - Yes  
   - No

2. Has your child traveled to a country with a high TB rate* (for more than a week)?  
   - Yes  
   - No

3. Has your child been exposed to anyone with tuberculosis (TB) disease?  
   - Yes  
   - No

4. Has a family member or someone your child has been in contact with had a positive TB test or received medications for TB?  
   - Yes  
   - No

5. Was a parent, household member or someone your child has been in close contact with, born in or traveled to a country with a high TB rate?*  
   - Yes  
   - No

6. Has another risk factor for TB (i.e. one of those listed on the back of this page)?  
   - Yes  
   - No

* This includes countries in Africa, Asia, Latin America or Eastern Europe. For travel, the risk of TB exposure is higher if a child stayed with friends or family members for a cumulative total of 1 week or more.

If YES, to any of the above, the child has an increased risk of TB infection and should have a TST/IGRA.

All children with a positive TST/IGRA result must have a medical evaluation, including a chest X-ray. Treatment for latent TB infection should be initiated if the chest X-ray is normal and there are no signs of active TB. If testing was done, please attach or enter results below.

<table>
<thead>
<tr>
<th>Test Type</th>
<th>Date</th>
<th>Induration</th>
<th>Impression</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuberculin Skin Test (TST/Mantoux/PPD)</td>
<td></td>
<td>_________</td>
<td>☐ Negative</td>
</tr>
<tr>
<td>Date given:</td>
<td></td>
<td></td>
<td>☐ Positive</td>
</tr>
<tr>
<td>Date read:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interferon Gamma Release Assay (IGRA)</td>
<td></td>
<td></td>
<td>☐ Negative</td>
</tr>
<tr>
<td>Date:</td>
<td></td>
<td></td>
<td>☐ Positive</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>☐ Indeterminate</td>
</tr>
<tr>
<td>Chest X-Ray (required with positive TST or IGRA)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date:</td>
<td></td>
<td></td>
<td>☐ Normal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>☐ Abnormal finding</td>
</tr>
</tbody>
</table>

☐ LTBI treatment (Rx & start date):  
☐ Prior TB/LTBI treatment (Rx & duration):

☐ Contraindications to INH or rifampin for LTBI  
☐ Offered but refused LTBI treatment

Providers, please check one of the boxes below and sign:

☐ Child has no TB symptoms, none of the above or other risk factors for TB and does not require a TB test.
☐ Child has a risk factor, has been evaluated for TB and is free of active TB disease.

_______________________________________      _____________  
Health Provider Signature, Title                                       Date

Name/Title of Health Provider:  
Facility/Address:  
Phone number:  
Fax number:
Risk Factors for Tuberculosis (TB) in Children

- Have clinical evidence or symptoms of TB
- Have a family member or contacts with history of confirmed or suspected TB
- Are in foreign-born families from TB endemic countries (including countries in Africa, Asia, Latin America or Eastern Europe)
- Travel to countries with high rate of TB
- Contact with individual(s) with a positive TB test
- Abnormalities on chest X-ray suggestive of TB
- Adopted from any high-risk area or live in out-of-home placements
- Live with an adult who has been incarcerated in the last five years
- Live among or frequently exposed to individuals who are homeless, migrant farm workers, residents of nursing homes, or users of street drugs
- Drink raw milk or eat unpasteurized cheese (i.e. queso fresco or unpasteurized cheese)
- Have, or are suspected to have, HIV infection or live with an adult with HIV seropositivity. See below for testing methods in children with HIV or other immunocompromised conditions.

Testing Methods

A Mantoux tuberculin skin test (TST) or an Interferon Gamma Release Assay (IGRA) (for children aged 4 and older) should be used to test those at increased risk. A TST of $\geq 10$mm is considered positive. If a child has had contact with someone with active TB (yes to question 3 on reverse) then TST $\geq 5$mm is considered positive.

Screening should be performed by CXR in addition to a TST/IGRA (consider doing both) and symptom review in HIV infected or suspected HIV, other immunocompromised conditions or if a child is taking immunosuppressive medications such as prednisone or TNF-alpha antagonists.

Referral, Treatment, and Follow-up of Children with Positive TB Tests

- All children with a positive TST or IGRA result should have a medical evaluation, including a chest X-ray.
- Report any confirmed or suspected case of TB disease to the TB Control Program within 1 day, including any child with an abnormal chest X-ray.
- If TB disease is not found, treat children and adolescents with a positive TST or IGRA for latent TB infection (LTBI).
- Isoniazid (INH) is the drug of choice for the treatment of LTBI in children and adolescents. The length of treatment is 9 months with daily dosing: 10-15mg/kg (maximum 300 mg).
- For management and treatment guidelines for TB or LTBI, go to: www.cdc.gov/tb or contact the TB Control Program at (408) 885-4214.

References


California Health and Safety Code Section 121515.


### Clinics for Tuberculosis Screening

#### Valley Connection
Call for appointment: 888-334-1000

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valley Health Center Bascom</td>
<td>751 S. Bascom Avenue, San Jose, 95128</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valley Health Center East Valley</td>
<td>1933 McKee Rd, San Jose, 95116</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valley Health Center Gilroy</td>
<td>7475 Camino Arroyo, Gilroy, 95020</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valley Health Center Milpitas</td>
<td>143 N. Main St., Milpitas, CA 95035</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valley Health Center Moorpark</td>
<td>2400 Moorpark Ave, San Jose, 95128</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Valley Health Center Sunnyvale</td>
<td>660 Fair Oaks Ave., San Jose, 94086</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Menlo Park
Ravenswood at Bell Haven
- 100 Terminal Avenue, Menlo Park, 94025; 650-321-0980
- Mon/Wed/Fri 8:00am-5:00pm, Tue 12:30pm-5:00pm, Sat 8:00am-12:00pm

#### Milpitas
Alliance Occupational Medicine in Milpitas
- 315 S Abbott Avenue, Milpitas, CA 95035; 408-790-2900
- M-F 7:00am-7:00pm, No appointment is needed, just walk in;
- $20 for TST, do not accept any private insurance, $100 for Quantiferon;
- X-rays at site, approved positive TB test shown as necessary;
- X-rays time: M-F 8:00am-5:00pm.

#### Mountain View
Mayview Community Health Center--Mountain View
- 100 Moffett Blvd., Suite 101, Mountain View, 94043; 650-963-3323
- Mon, Wed, Fri 8:30am-5:00pm, Tue, Thu 8:30am-8:30pm, Sat 8:00am-4:00pm

#### East Palo Alto
Ravenswood Family Health Center
- 1798 Bay Road, East Palo Alto, 94303; 650-330-7400
- Mon 8:45am-7:00pm, Tue-Fri 8:45am-5:00pm, Closed the 4th Friday of the month at 2:00pm

#### Daly City
RotaCare Bay Area, Inc.—Daly City Clinic
- Seton Medical Center-Ground Floor;
- 1900 Sullivan Avenue, Daly City, 94015; 650-991-6046
- Mon: 5:00pm-7:00pm

#### Gilroy
Planned Parenthood Mar Monte—Gilroy
- 760 Renz Lane, Gilroy, 95020;
- Call for appointment: 408-847-1739
- Mon 9:30am-5:30pm, Wed 10:00am-7:00pm,
- Tue/Thu/Fri 9:00am-5:00pm, Sat 9:00am-2:00pm

#### Gardner South County Health Center
- 7526 Monterey St, Gilroy, CA 95020; 408-848-9400
- M-F 8:00am-5:00pm, Sat 8:00am-4:30pm
- Accept insurance or fee: sliding scale, $40 for established patients;
- Accepts adults and children;
- No X-rays at site - refer Chest X-rays to SLH and San Martin Clinic.

#### Gardner Packard Children’s Health Center
- 730 Welch Road, 1st Floor, Palo Alto, CA, 94304; 650-497-8820;
- Mon, Wed, Fri 9:00am-5:00pm

#### Half Moon Bay
RotaCare Bay Area, Inc.—Coastside Clinic
- 225 South Cabrillo Hwy, Suite 100A, Half Moon Bay, 94019;
- 650-573-3774;
- Wed 5:00pm-7:00pm
- No pediatric or radiology services on site

#### Mayview Community Health Center at Mt. View
- 900 Miramonte Ave, 2nd Fl, Mountain View, CA 94040; 650-965-3323;
- 1:00-3:00pm (1st and 3rd Tuesday of the month);
- Accept Healthy Kids, Healthy Families, or Fee: $28.00;
- Accept adults and children;
- No appointment necessary, but accept first 20 patients.

#### Mountain View Clinic @ El Camino Hospital (Rota Care Clinic)
- 2400 Grant RD, Park Pavilion Building, Mountain View, CA 94040; 650-988-820;
- Mon: 5:00pm-7:00 pm, Tue: 9:00am-11am, Fri: 9am-noon
- Accepts adult and children;
- No appointment necessary

#### Palo Alto
Gardner Packard Children’s Health Center
- 730 Welch Road, 1st Floor, Palo Alto, CA, 94304; 650-497-8820;
- Mon-Fri 9:00am-5:00pm

#### Mayview Community Health Center at Palo Alto
- 270 Grant Ave, Palo Alto, CA 94306; 650-337-8717;
- No appointment necessary on 2nd and 4th Wednesday of the month
- 1:00 pm-3:00pm
- Accepts Healthy Kids, Healthy Families, or Fee: $28.00;
- Accept adults and children

#### San Mateo
Planned Parenthood Mar Monte—San Mateo
- 35 Baywood Avenue, San Mateo, 94401; 650-235-7940;
- Mon: 8:30am-4:00pm, Thu&Fri 10:30am-3:00pm

#### San Jose
Asian American for Community Involvement
- 2400 Moorpark Ave, Ste 319, San Jose, CA 95128;
- 408-975-2763;
- M-F 8:00am-12:30pm, 1:30pm-5:30pm;
- Appointment only, TST $20 for all patients;
- No X-rays at site, refers chest X-rays to SCCVMC.

Revised 6/6/14
San Jose

San Jose High Neighborhood Health Clinic
1149 E. Julian St, Bldg. H, San Jose, CA 95116; 408-535-6001;
M-F 8:00am-4:00pm, appointment;
IZ/TST: Tuesday 1:00 pm-3:00 pm (Walk-in);
$25 for people who do not have insurance;
No X-rays on site - refers to Just X Rays and VMC

Neighborhood Health Clinic
3030 Alum Rock Ave, San Jose, CA 95127; 408-259-8400;
M-Sat 8:00am-5:30pm with appointment, walk-in:8am-5pm (M-F);
Fee: sliding scale, accept adult and children.

San Jose Clinic
Washington School, 100 Oak Street (Clinic located on Edwards St. behind the school), San Jose, CA 95110; 408-295-0980;
Appointment or walk-in;
M-F: 8am-4:30pm (closed 12pm-1pm for lunch break);
Visit Fee: $25.00 for everyone;
No X-rays at site, refers chest X-rays to JXR and VMC.

Gardner Health Center
195 E. Virginia St, San Jose, CA 95112; 408-998-8814 for appointment;
M-F 8:30am-4:30pm, by appointment only
TST: Accepts insurance, Medical, or fee: $15; Accepts adults and children; No X-rays at site, refers chest X-rays to JXR and VMC.

St. James Health Center
55 E. Julian St., San Jose, CA 95112;
408-918-2600, by appointment only, 408-918-2641
M-F 8:30am-5:00pm;
TST: Accepts insurance, Medical, or fee: $15; Accepts adults and children; No X-rays at site, refers chest X-rays to JXR and VMC.

San Jose Foothill Family Community Clinic
2880 Story Road, San Jose, 95127; 408-729-4282;
M-F 8:00am-8:00pm, S-S 8:00am-5:00pm;
Walk-in: 8am-11am, 1pm-3pm (M, T, W, F, S); Prefer appointment;
Accept insurance, sliding fee scale, or $35.00 for uninsured;
Accept adult and children;
No X-rays at site, refers chest X-rays to JXR and VMC.

Franklin McKinley School Center
645 Wool Creek Dr., San Jose, CA 95112; 408-283-6051;
Call for appointment; $25 for pts without insurance;
No X-rays at site

Overfelt Neighborhood Health Clinic
1835 Cunningham Ave, San Jose, 95122; 408-347-5988;
Mon-Wed & Fri 8:00am-4:30 pm (closed 12pm-1pm for lunch);
Immunizations/TST: Tuesday 8:00-10:30.

Mar Monte Community Clinic
2470 Alvin Ave, Ste 60, San Jose, CA 95121
Call for appointment: 408-274-7100; Sliding fee scale
Mon, Tue, Thurs., Fri 8:45am-5:00pm, W 9:45am-6:30pm, Sat 8:45am-1:00pm.
No X-rays at site - refer to VMC for CXR.

Family Medicine Center at O’Connor
455 O’Connor Drive, Suite 200, San Jose, 95128; 408-283-7676;
Mon-Fri 8:30am-5:30pm

Indian Health Center--Silver Creek
1462 East Capital Expressway, San Jose, 95121;
408-445-3431;
Mon-Fri 8:30am-5:30pm

Mount Pleasant High School Clinic (Pediatrics)
1850 South White Road, San Jose, 95127; 408-928-5250;
Mon-Fri 8:00am-5:00pm

North East Medical Services--Lundy Clinic
1715 Lundy Avenue, Suite 108-116, San Jose, 95131;
408-573-9686;
Mon-Sat 8:30am-5:00pm;
Closed Mon-Fri 12:00pm-1:00pm, Sundays and Holidays

Planned Parenthood Mar Monte--Blossom Hill
5440 Thornwood Drive, Suite G, San Jose, 95123; 408-281-9777;
Mon-Wed 8:30am-6:30pm, Tue/Thu/Fri 8:30am-5:00pm

Planned Parenthood Mar Monte--Eastside
3131 Alum Rock Avenue, San Jose, 95127; 408-729-7600;
Mon&Thu 8:30am-7:00pm, Tue 8:00am-5:00pm, Wed-Fri 8:30am-5:00pm

Washington Neighborhood Clinic
100 Oak St, San Jose, 95110; 408-295-0980;
Call for appointment Mon-Fri 8:00-4:30

Yerba Buena High School Clinic (Pediatrics)
1855 Lucretia Avenue, Room 112, San Jose, 95122; 408-347-4752;
Mon-Fri 11:30am-3:30pm Planned Parenthood, San Jose
1691 The Alameda, San Jose, CA 95126; 408-287-7526;
Fee: $35.00 for established patients;
No X-rays at site refer to VMC for CXR f/u if needed.

Santa Clara

Alliance Occupational Medicine in Santa Clara
2737 Walsh Avenue, Santa Clara, CA 95051; 408-228-8400;
M-F 7:00am-7:00pm;
No appointment is needed, just walk in;
$20 for TST, does not accept any private insurance, $100 for Quantiferon;
X-rays on-site, time: M-F 8:00am-5:00pm.

Sunnyvale

MayView Community Health Center--Columbia Neighborhood Center
785 Morse Avenue, Sunnyvale, 94085; 408-746-0455;
1st & 3rd Tuesday of the month

Redwood City

Planned Parenthood Mar Monte--Redwood City Express
2907 El Camino Real, Redwood City, 94063, 877-855-7526;
Tue 8:30am-4:00pm

Revised 6/6/14
What is Tuberculosis?

Tuberculosis (TB) is an ancient disease that is still affects many people in Santa Clara County. TB is caused by the bacteria *Mycobacterium tuberculosis* and is spread from person to person through the air when an individual with TB coughs, sneezes, or speaks. Individuals who breathe in infected droplets become infected with TB and are at risk for developing TB disease.

People who have TB can have two types of infection:

1. Latent or “silent” TB infection: Individuals with latent TB infection (LTBI) have a small amount of TB in their bodies that their immune system keeps under control. They do not have symptoms, are not contagious and may remain that way for years. Treatment of LTBI can prevent TB disease in the future.

2. Active TB disease: Occurs when TB bacteria multiply and a person develops symptoms such as cough, fever, or weight loss. They can also spread disease to others. Active TB disease can develop in people with LTBI when the immune system is weakened by stress or a medical illness, such as diabetes, cancer, kidney disease, or HIV. Certain behaviors, such as smoking, also increase an individual’s risk for developing TB disease.

TB usually affects the lungs, but can also affect any part of the body such as lymph nodes, bones and joints, kidneys, intestines, and the brain. TB can be treated but if untreated, can be fatal.

TB in Santa Clara County

There were 181 cases of TB in Santa Clara County (SCC) in 2013 which is an increase from the downward trend through 2012 (N=176). This represents a rate of 9.8 cases per 100,000 residents in Santa Clara County which is higher than the rate in California overall of 5.7 per 100,000 people and more than three times the United States rate of 3.0 per 100,000 people.

Who’s at risk for TB infection and developing active TB disease?

People who were born in or travel to countries with high TB rates are at the highest risk for being exposed to TB. For people with LTBI, certain medical conditions such as diabetes, end stage renal and behaviors increase the risk of progression from latent TB infection to active TB disease.

- People with LTBI and diabetes are three times more likely to develop active TB disease than non-diabetics with latent TB infection.
20% (36/181) of Santa Clara County TB cases identified in 2013 also had diabetes.

People with LTBI who smoke are 2.5 times more likely to develop active TB disease than non-smokers with LTBI. Studies have shown that people with LTBI who are exposed to secondhand smoke are also more likely to develop active TB disease compared to those with TB infection not exposed to second hand smoke.

According to a World Health Organization review, people with heavy alcohol use are almost 3 times more likely to develop active TB disease than those who do not drink alcohol.

Other risk factors that increase the likelihood of progression from LTBI to active TB disease include HIV or other immune-compromising conditions, chronic kidney disease, or immunosuppressant medications such as TNF-α inhibitors or steroids (Table 1).

Table 1. Risk factors and comorbidities of TB cases, Santa Clara County, 2013

<table>
<thead>
<tr>
<th>Risk factors</th>
<th>Number of Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes mellitus</td>
<td>36 (20%)</td>
</tr>
<tr>
<td>Immunosuppression (not HIV/AIDS)</td>
<td>8 (4%)</td>
</tr>
<tr>
<td>Excess alcohol use in past year</td>
<td>6 (3%)</td>
</tr>
<tr>
<td>End-stage renal disease</td>
<td>6 (3%)</td>
</tr>
<tr>
<td>Homeless within the past year</td>
<td>6 (3%)</td>
</tr>
<tr>
<td>Contact of infectious TB patient</td>
<td>3 (2%)</td>
</tr>
<tr>
<td>Post-organ transplantation</td>
<td>3 (2%)</td>
</tr>
<tr>
<td>Incomplete LTB treatment</td>
<td>3 (2%)</td>
</tr>
<tr>
<td>HIV*</td>
<td>2 (1%)</td>
</tr>
<tr>
<td>Missed contact</td>
<td>2 (1%)</td>
</tr>
<tr>
<td>TNF-alpha antagonist therapy</td>
<td>1 (0.5%)</td>
</tr>
<tr>
<td>Contact of MDR-TB patient</td>
<td>1 (0.5%)</td>
</tr>
</tbody>
</table>

Source: California Reportable Disease Information Exchange, 2013; *163/181 (90%) of TB cases had documented screening for HIV infection

Who had TB in Santa Clara County in 2013?

In 2013, the majority of TB cases (58%) were among people between 25 and 64 years of age. Children and young adults between 0 to 24 years of age accounted for 10% of TB cases. Almost 32% of people diagnosed with TB were older than 65 years of age. The majority of SCC TB cases are of Asian or Hispanic race/ethnicity. Although the TB case rate among Asians in Santa Clara County has been trending downward from a peak of 37 per 100,000 people in 2007, it remains eight times the overall rate of TB in the US at 24.7 per 100,000 people in Santa Clara County. This rate is higher among foreign-born residents from certain Asian countries (Figure 1).

In 2013, 91% of active TB cases were in foreign-born residents, primarily from the following countries: Vietnam, Philippines, India, Mexico and China. The majority (67%) of foreign-born
residents who developed active TB disease had lived in the United States for more than 5 years.1

**How does TB make us sick?**

When TB affects the lungs, it is called pulmonary TB and can be spread to others. In 2013, almost three quarters (73%) of TB cases in Santa Clara County had pulmonary TB1. Five adults with TB died in Santa Clara County, 2 of whom were younger than 64 years of age and 3 were 65 years or older2. No children died of TB in Santa Clara County in 20131.

**Drug Resistant TB**

TB that is resistant to standard treatment is challenging to treat and can require 2 years of a complicated medication regimen. In 2013, 14% (21/145) of TB cases in Santa Clara County with known drug sensitivity results were resistant to at least one of the standard TB medications (rifampin, isoniazid, ethambutol, or pyrazinamide). Of those without a prior history of TB, 13% (17/135) were resistant to isoniazid1, which was higher than the national average in 2012 (8.9%)5. Multi-drug resistant TB, which is resistant to both isoniazid and rifampin accounted for 3.0% of culture confirmed TB cases in Santa Clara County in 20131. No extensively drug resistant cases were identified in Santa Clara County in 2013.
What should people do to know if they are at risk?

- If someone was born in or travels to countries where TB is endemic such as countries in Asia, Eastern Europe, Africa, or Latin America then they are at risk for having been exposed to TB and should ask their doctor about TB screening.

- If someone has a positive TB test then they should talk to their doctor about getting treated for latent TB infection in order to prevent the development of active TB disease.

- Treatment of latent TB infection is especially important for children, people with diabetes, HIV, people who smoke, a history of smoking, or exposure to tobacco smoke, chronic kidney disease, or who might be treated with immunosuppressant medications (e.g. prednisone, TNF-α inhibitors).

1. California Reportable Disease Information Exchange, 2013
2. California Reportable Disease Information Exchange, 2012
3. California Department of Public Health Tuberculosis Control Branch
8. Santa Clara County Department of Public Health Department, 2009 Behavioral Risk Factor Survey