

THE 5 REQUIRED TITERS

Requirement:

You **MUST** have a **POSITIVE** result for the **5 specific titers** listed below. A titer is a blood test; in this case, a test to verify immunity. **Proof of vaccination is NOT the same as having serological proof of immunity. Your 5 titers must be done in the USA. You MAY submit a lab report for an old Positive titer, so if you ALREADY HAVE a Positive titer, you do NOT need to redo it.**

Documentation:

You must submit a valid lab report for your titers; the lab report **MUST** contain the following elements:

1. Your full name (first and last)
2. The date your blood sample was collected
3. **An interpretation OR key to interpret the test results (DOUBLE CHECK for this!)**

Provisional Clearance for the Titer requirements:

If one or more of your titers returns with a **NON-Positive/Reactive** result (e.g., equivocal, negative, or non-reactive), *please do not stress*. You just need to begin the revaccination process as soon as possible - **but remember, the MMR and VZV are “live” vaccines (see TB flyer for details).** Revaccinating on the prescribed schedule takes time, so you will be granted **provisional clearance** once you submit documentation for **your initial titers** (we want ALL your titer results even if it is NON-Positive) AND the **1st follow-up booster shot** in the revaccination series. You **MUST stay on schedule and submit documentation for each subsequent follow-up booster shot as you get them. After you redo the series, you MUST re-titer 1 month after the final booster shot. Again, you MUST submit documentation each step of the way to show that you are making progress.**

1. Hepatitis-B (HepB) Surface Antibody titer

If your titer is NOT Positive or NOT Reactive, then you must redo the entire HepB vaccination series (Hepislab-B series requires 2 doses, while all other HepB vaccines require 3 doses) on a specific schedule and then re-titer 1 month after the final shot. You MUST complete each step and submit documentation on schedule to maintain your provisional clearance status. None of HepB vaccines are “live.”

2. Mumps IgG titer

If your titer is NOT Positive, then you must redo the entire MMR series (2 doses) and re-titer 1 month after the 2nd shot. You MUST complete each step and submit documentation on schedule to maintain your provisional clearance status. The MMR is a “live” vaccine; see your TB flyer for details.

3. Rubella (Measles) IgG titer

If your titer is NOT Positive, then you must redo the entire MMR series (2 doses) and re-titer 1 month after the 2nd shot. You MUST complete each step and submit documentation on schedule to maintain your provisional clearance status. The MMR is a “live” vaccine; see your TB flyer for details.

4. Rubella (German Measles) IgG titer

If your titer is NOT Positive, then you must redo the entire MMR series (2 doses) and re-titer 1 month after the 2nd shot. You MUST complete each step and submit documentation on schedule to maintain your provisional clearance status. The MMR is a “live” vaccine; see your TB flyer for details.

5. Varicella (Chicken Pox) IgG titer

If your titer is NOT Positive, then you must redo the entire VZV series (2 doses) and re-titer 1 month after the 2nd shot. You MUST complete each step and submit documentation on schedule to maintain your provisional clearance status. The VZV is a “live” vaccine; see your TB flyer for details.

5 REQUIRED TITERS FLYER

Ordering Blood work:

ALL BLOOD WORK MUST be ordered by your HEALTHCARE PROVIDER, so please check in with your healthcare provider as soon as possible. Some healthcare providers require that you see them before they order any blood work. If you need to schedule an appointment, please remember that many providers are heavily booked, if not overbooked (and they like to go on vacation too), so please schedule your appointment as soon as possible.

University Health Services Mānoa (UHSM):

*If you do **NOT** have a local healthcare provider, consider going to UHSM, the UH Mānoa campus clinic.* You will need to make an appointment to see one of UHSM's providers. Their providers can write you a script that you can take to Diagnostic Laboratory Services (DLS) to get your blood work done. You can use the link below to schedule your appointment with UHSM (you will need an active UH Username to login*).

https://www.hawaii.edu/shs/for_patients/appointments.php

After you get your script from UHSM, you need to take your script to one of DLS's offices to get your blood drawn. You can use the link below to find a convenient DLS location in Hawai'i, Guam, and Saipan:

<https://dlslab.com/locations/>

***Note: How to Activate Your UH email address**

If you need to activate your UH email address, please use the link below.

<https://www.hawaii.edu/username/>