Titer and Vaccination Explanations
PLEASE READ CAREFULLY

Serum titers are blood tests that measure whether or not you are immune to a given disease(s). More specifically, a quantitative serum titer is a titer with a numerical value indicating your actual degree of immunity to a disease(s). The clinical sites you will be working at require documented proof of immunity in the form of quantitative titers – simply getting the vaccination is not enough. Therefore, each student must have quantitative titers drawn, and provide copies of the official laboratory printouts containing the numerical values for Mumps, Measles, Rubella, Varicella and Hep B immunity (see examples of sample lab results on the following page).

IMPORTANT THINGS TO BE AWARE OF // PITFALLS TO AVOID:

1. If you don't have a record of the previous vaccinations you've received, get your titers drawn first.
   Why? Measure your immunity level before getting vaccinated to boost it. Your titers might indicate a high immunity to a specific disease, in which case you won't need to get vaccinated for that disease.
2. Please get the exact type of titers we have asked you to.
   Three Common Mistakes Students Make:
   a. Quantitative vs. Qualitative titers - quantitative have a numerical value, qualitative simply indicates "immune vs. non-immune" (with no numerical value). Be sure to get quantitative titers. **If you don't get quantitative titers, we will ask you to get them redone.**
   b. For Rubella and Hep B titers: some labs will only provide qualitative results. Some labs will provide quantitative, but without titer numbers. If that's the case, you'll need to set up an appointment at Student Health Services to get these two quantitative titers drawn.
   c. IgG vs. IgM titers - you need IgG titers; DO NOT get labs for IgM titers.
      a. **Hbs AB IgG vs. Hbs AG IgG titers** (for Hep B) - you need Hep B AB (antibody) titers, NOT Hep B AG (antigen) titers.
3. If the titer for a specific disease shows that you're not immune, you need to get vaccinated or re-vaccinated (also known as getting a booster).
   Note: This is where previous vaccination records are helpful. Vaccinations for different diseases have different timelines and numbers of shots needed (ex. Varicella – 2 shot series 4-6 weeks apart vs. Hep B – 3 shot series over 6 months). If a specific titer indicates non-immunity, then your physician (or the Nursing Department) can direct you on next steps for vaccination.
4. Once vaccinated, titers should not be drawn until 6-8 weeks after the vaccination.
   Why? If drawn too soon afterwards, the titers will indicate non-immunity as the vaccine will still be in your system. Don't make the mistake of getting a titer drawn prematurely.
WHAT TO DO IF ANY OF YOUR QUANTITATIVE TITERS COME BACK NOT-IMMUNE:

1. Consult your physician about your vaccination history – how many immunizations have you already received for the disease(s)?
2. If you haven't already had it, start the vaccination series for the non-immune disease. If you're part way through the vaccination series, complete it.
3. If you've completed the series, you will need to get an additional immunization (also known as a booster) for that disease.
   a. Hep B. If you receive a booster and still come back negative, SoN requires that you finish the series and get a 3rd titer.
4. After completing the series, or getting the booster, wait 6 weeks and then get a follow-up titer. DO NOT GET THE TITER TOO EARLY OR IT MAY COME BACK NON-IMMUNE.

WHAT TO DO IF YOUR FOLLOW-UP TITER STILL COMES BACK NON-IMMUNE:

If you have received all the immunizations possible (by completing the series and getting boosters), you may not convert to immunity. At this point, it is okay. The CSULB School of Nursing will need all documentation indicating your non-immunity to the disease(s), in the form of your follow-up titer(s). With this, you will be allowed to participate in clinical.