

Dear United States Medical Provider,

I have traveled a long way and I need your help to make sure I am healthy and safe here in the United States.

Please send the following tests for all patients unless otherwise noted (refer to CareRef to help guide you on what to order):

Vertically or horizontally transmitted infections:

- HepB sAg
- HepC Ab
- Syphilis EIA
- HIV 1 and 2 Ag/Ab Assay

Tuberculosis (TB):

- Interferon gamma release assay
- Tuberculin skin test (infants <12 months of age)

Other Screening Tests:

- CBC with Differential
- Strongyloides IgG
- Lead (venous) (ages 0-16 and anyone who is pregnant or breastfeeding)
- Schistosoma IgG (if from sub-Saharan Africa)
- Stool ova and parasite x 2-3 (collected 12-24h apart)
- Gonorrhea, Chlamydia (in patients ages 12-13 years and older **and** anyone with concerns for sexual abuse/assault/rape)

Other health management:

- Obtain vaccine records
- Mental Health Screening Tool: WeCheck Minnesota Wellness & Emotions Check
<https://www.health.state.mn.us/communities/rih/guide/10mentalhealth.html#tool>

***If you work in a health system that will charge me for these studies, please only order what is absolutely necessary and/or send me with this handout to a clinic with sliding scale and/or free care, including:**

- Federally Qualified Health Centers: <https://data.hrsa.gov/data/reports/datagrid?gridName=FQHCs>
- School based health centers: <https://www.schoolhealthcenters.org/school-based-health/> (link varies by state)

As needed, please link me to free or low-cost immigration legal services in your state via <https://ailalawyer.com>

Other key resources:

CareRef: <https://careref.web.health.state.mn.us/refugee-info>

A short in-office tool to help decide what tests I need based on where I am from and through where I have travelled. This links to the CDC Domestic Refugee Screening Guidelines and is updated as CDC Guidelines are updated.

Minnesota Center of Excellence in Newcomer Health: <https://www.health.state.mn.us/communities/rih/index.html>

A website with up-to-date webinars on immigrant health topics, resources, educational material.

CDC Domestic Refugee Screening Guidelines:

<https://www.cdc.gov/immigrantrefugeehealth/guidelines/domestic-guidelines.html>

Detailed information and evidence on recommended medical and mental health screenings for refugees and other newcomer populations. This links to CareRef and as CDC guidelines are updated, Care Ref is updated

NRC-RIM: <https://nrcrim.org>

Provides vetted health information in primary languages of immigrants and other resources including health education.