A heaf test involves application of a small amount of a test substance, called Tuberculin, into the outer skin layer of the arm by six sterile needle points. The area on the arm is looked at one week later to assess what type of reaction has taken place. Until then it may get a little red and itchy. Don’t scratch it; leave it alone and let the air get to it and do not cover it with a plaster; *don’t put anything on the area* that might change the reaction such as skin creams or medications, sun lotions, perfume, make-up, shaving preparations or beauty treatments. Wash and bath as normal but keep the area as natural as possible. Do not swim in a chlorinated pool for 24 hours and avoid knocking it whilst lifting, playing sports etc.

In short, be careful with it but try to forget about it until one week’s time.

Lucy Perkins
Occupational Health Services Manager
A BCG vaccine is given to help a person to be protected against tuberculosis. A tiny amount of vaccine is injected into the outer skin layer of the upper arm. A small white “bleb” is formed and will disappear within half an hour. The BCG will start to cause a reaction at the injection site usually within two weeks, occasionally longer. A small red lump with scaling and blistering may occur. This will crust over then a scab will form. It is quite normal for the area to weep a little.

Keep the BCG site clean and dry, letting the air to it as much as possible.

Avoid picking, scratching or knocking the site of vaccine as it may become infected causing a larger scar.

Keep the site as dry as possible only covering with a waterproof plaster if swimming etc.

After six to eight weeks the scab over the vaccination site should fall off and leave a small red area, which will fade, to a small scar. If this does not happen please contact the occupational health department for further assessment. Should you have any worries or anxieties in relation the BCG we can also be contacted on 01202-704217 Monday to Friday 08.30 – 16.30.

Lucy Perkins
Occupational Health Services Manager