



Effective August 10, 2023

Volunteers at all three levels will now be required to provide proof of Tuberculosis (TB) clearance every four (4) years. If you already have proof of TB clearance within the last four (4) years, that is acceptable to meet this requirement, simply upload the results to your [Be a Mentor account](#).

If you need to obtain TB Clearance, there are three options:

Option 1: Already have current TB test results

If you have proof of a recent test, simply upload the results to your Be a Mentor account.

Option 2: TB Risk Assessment Form

The [TB Risk Assessment Form](#) is an option for those who have never tested positive for TB and are considered at low risk. A medical provider completes the form in lieu of a TB Test, and the volunteer uploads the signed certificate to their Be a Mentor account.

Option 3: TB Test

This is done in person through your medical provider or at a [local community provider](#). Volunteer then uploads the results to their Be a Mentor account.

Please consult directly with your medical provider to find out information about what TB test option is best for you. We also encourage you to review more information on [Tuberculosis and TB Testing](#) from Contra Costa Health Services.