Your T.R.U.E. TEST results indicate that you have a contact allergy to thimerosal. This contact allergy may cause your skin to react when it is exposed to this substance, although it may take several days for the symptoms to appear. Typical symptoms include redness, swelling, itching and fluid-filled blisters.

Thimerosal was commonly used as an antiseptic (such as Merthiolate or Mercurochrome®) and preservative in many medicines and vaccines. Over the past few decades, thimerosal has been replaced with other preservatives. Now, thimerosal is rarely included in antiseptics or medications, including mercthiolate.

A contact allergy to thimerosal should not affect your ability to be vaccinated because most modern vaccines do not contain thimerosal. Vaccines given to children under the age of 6 are made without thimerosal. A few adult vaccines are still manufactured with thimerosal as a preservative, but thimerosal-free alternatives can usually be found if needed.

WHERE IS THIMEROSAL FOUND?

At work, you may find thimerosal in:
- Fluorescent dyes in metal working industries and forensic laboratories
- Vaccine and pharmaceutical manufacturing

At home, you may find thimerosal in:
- Vaccines and antitoxins
- In some nose, eye and ear medications (prescription and over-the-counter)
- Antiseptic sprays

HOW CAN YOU AVOID THIMEROSAL?

- Only use products that do not list thimerosal or related chemicals on the label, ingredient list or Material Safety Data Sheet (MSDS). If no information is available, contact the product manufacturer.
- Tell your physician, pharmacist, dentist and veterinarian that you are allergic to thimerosal. Ask for vaccines and medicines that do not contain thimerosal.
- If you think that you contact thimerosal at work, ask your employer for MSDS or manufacturer information on the product(s). Talk to your employer about using a different product or about wearing protective gloves and clothing to reduce skin contact.

WHAT SHOULD YOU LOOK FOR AND AVOID?*

Avoid products with the following names in the list of ingredients, MSDS, or package insert.
- Thimerosal or mercurothiolate
- Merthiolate
- Sodium ethylmercurithiosalicylate
- Sodium2-(ethylmercurithio)benzoate
- Mercury, ethyl(2-mercaptopbenzoato-s)-, sodium salt
- Mercury, (o-carboxyphenyl(thio)ethyl-, sodium salt

WHAT ARE SOME SIMILAR PRODUCTS THAT DO NOT CONTAIN THIMEROSAL OR A RELATED SUBSTANCE?*

- Most vaccines recommended for children under 6 years of age: measles, mumps, rubella (German measles), polio, pertussis (whooping cough), diphtheria, tetanus, Haemophilus influenzae type b (Hib), hepatitis B, varicella (chickenpox) and pneumococcal disease
- Some influenza (flu) vaccines
- Most types of adult vaccines are available in a thimerosal-free formulation

*These lists are brief and provide just a few examples. Read product labels carefully and talk to your doctor if you have any questions. Product formulations may change from time to time without notice. Talk to your doctor for specific instructions. For additional information about products that might contain thimerosal or a related substance, go to the Household Products Database online (householdproducts.nlm.nih.gov) at the United States National Library of Medicine.

Visit truetest.com for more information about contact allergies and patch testing.