

# OSHA

Occupational Safety and Health Administration – a federal agency that establishes and enforces standards that protect workers from job-related injuries and illnesses

# CDC

Center for Disease Control – a division of the US Department of Health and Human Services is concerned with the causes, spread and control of diseases in populations.

# CLIA

Clinical Laboratory Improvement Amendment is a federal amendment that established standards, regulations, and performance requirements based on the complexity of a test and the risk factors associated with incorrect results. All medical laboratory personnel must adhere to CLIA guidelines.

# Immunity

1. The state of being immune from or **insusceptible** to a particular disease or the like.
2. The condition that permits either natural or acquired resistance to disease.
3. The ability of a cell to react immunologically in the presence of an **antigen**.

# Types of Immunity?

**Natural active:** Occurs during infection. It is active because **lymphocytes** are activated by **antigens** on pathogen's surface.

**Artificial active:** Injecting or taking **antigens** by mouth. Takes time for **T** and **B** cells to be activated but gives long lasting immunity.

**Natural passive:** Mother to child through **placenta** or milk.

**Artificial passive:** Used during potentially fatal diseases. Provides an instant response but only temporary as **antibodies** are not the body's own so **memory cells** are not created. E.g. tetanus - injection of **antitoxins** given.

# Fundamentals of Wellness

## **Health:**

1. The general condition of the body or mind with reference to soundness and vigor: good health; poor health.
2. Soundness of body or mind; freedom from disease or ailment: to have one's health; to lose one's health.

## **Wellness:**

1. The quality or state of being healthy in body and mind, esp. as the result of deliberate effort.
2. An approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

What behaviors promote **Health**  
and **Wellness**?