

**Lord Fairfax Health District (LFHD)**  
**Instructions for Healthcare Providers for Collecting and**  
**Submitting Specimens for Measles Testing**

If measles is suspected, contact LFHD for public health testing approval; **all measles testing must be approved prior to submission to the state lab (DCLS).**

<b>Normal Business Hours</b>		
1. Clarissa Bonnefond District Epidemiologist Office: 540-771-3725 Cell: 804-517-5773	2. Stephanie Neal District Epidemiologist Jr. Office: 540-459-6960 Cell: 540-303-7934	
<b>Outside of Business Hours</b>		
1. Clarissa Bonnefond Cell: 804-517-5773	2. LFHD Answering Service 540-665-8611	3. VDH Provider Number 866-531-3068

If public health testing is approved, collect and store the specimens as described below. If you do not have the necessary materials for specimen collection listed, LFHD will provide them.

- **A nasopharyngeal (NP) specimen in VTM MUST be collected and submitted for PCR testing.** Additional specimens can be submitted and will be tested only if they accompany the NP specimen.
- Clearly label each specimen with the patient’s name, DOB, and date of collection before packaging specimens for shipment to DCLS.
- **Keep all specimens refrigerated until ready to ship. Ship on frozen ice packs.**

	<b>TEST</b>	<b>MATERIALS</b>	<b>COMMENTS</b>
Nasopharyngeal (NP) swab	<b>PCR (required specimen)</b>	1 synthetic swab with 1 vial of VTM	Use the same swab for both nostrils. Collect as close to clinical onset as possible preferably within the first 3 days of illness, but no later than 10 days after rash onset.
Throat/oropharyngeal (OP) swab	PCR (secondary specimen)	1 synthetic swab with 1 vial of VTM	Take sample from back of the throat, not sides of the mouth or cheek cavity.
Serum	<b>Serology (preferred secondary specimen)</b>	1 serum-separator tube (e.g. gold top or tiger top) <b>OR</b> 1 red top blood tube*	Optimal serum volume: 2mL (50uL minimum) A repeat specimen should be collected and tested if IgM serology testing is negative for specimens collected within 72 hours of rash onset. <i>*If collected in a red top blood tube, spin down the tube and place separated serum in a sterile tube.</i>
Urine	PCR (secondary specimen)	1 sterile cup	Urine volume: 10-50 mL First voided morning urine is preferred. Do not catheterize patient for specimen collection.

Complete the highlighted fields of the required DCLS Test Request Form available [here](#).

DCLS must receive the PCR samples within 72 hours of collection, and the serology specimens within 48 hours of collection. Use the routine DCLS courier if available at your facility, or discuss transport with LFHD.

Estimated turnaround time is 1-2 days, depending on volume of testing and repeat testing needs.

**Resources**

[VDH Measles Information for Healthcare Provider](#)  
[Instructions for Completing the DCLS Test Form](#)