

Suspect Rubella Case Specimen Submission Instructions

Suspect rubella cases must be reported immediately to the local health department. All suspect rubella cases and specimens submitted for testing must be coordinated with an Oregon State Acute and Communicable Disease Epidemiologist at 971-673-1111. Specimens for rubella testing should be sent directly to the Washington Public Health Laboratory (WPHL) for serology testing OR to Oregon State Public Health Laboratory for referral to CDC for testing for serology, virus culture and PCR testing

Persons suspected to have rubella should have serum drawn and specimens collected for viral isolation and PCR at the time of the first health care provider visit. Instruction for submitting specimens are below:

SPECIMENS FOR SEROLOGY:

IgM testing requires one serum specimen collected as close to rash onset date as possible. *If a negative result is obtained from a specimen drawn less than 5 days after rash onset or during the first month of life for babies with possible CRS, another specimen will be required.*

IgG testing for acute rubella requires two serum specimens, the first (acute) specimen should be drawn as soon after rash onset as possible (7 – 10 days) and the second (convalescent) should be drawn 14 to 21 days after rash onset.

Draw at least 1cc of serum (or about 3ml blood in a red top tube) for each collection date.

SPECIMENS FOR VIRUS ISOLATION AND PCR:

Samples are best collected 1-4 days post rash but can be collected up to 10 days following onset of rash. Oropharyngeal swab is the **preferred specimen** (use a Dacron™ or rayon swab). DO NOT use calcium alginate, cotton or wooden shafted swabs as they inactivate viruses and inhibit PCR reactions and the specimen will be considered UNSATISFACTORY.

Oropharyngeal (throat) Swab collection:

Use a single Dacron® swab to collect secretions from the posterior pharynx and tonsillar areas, avoiding the tongue and teeth. Remove swab, snap off the end at the scored breakpoint and insert in a tube containing 2-3 ml of cold viral transport medium.

Nasopharyngeal Swab collection:

Insert a flexible nasopharyngeal swab through the nostril and into the nasopharynx until slight resistance is met (about half the length from the ear to corner of the nose). Gently rotate swab 10 -15 seconds in order to collect adequate epithelial cells. Remove the swab, snap off the end at the scored breakpoint and place into 2–3 ml viral transport medium.

Urine collection: Collect 10 - 50 ml of clean voided urine in a sterile container.

SPECIMEN SUBMISSION:

All clinical specimens must have two patient identifiers, a name **and** a second identifier (e.g., date of birth) both on the specimen label and on the completed **WSPHL virology test request form**. Along with the patient and submitter names, be sure to include the specimen source, date of collection, date of rash onset, and immunization history (if known) on the form:

<http://www.doh.wa.gov/Portals/1/Documents/5230/302-017-SerVirHIV.pdf>

For more information on Rubella testing at Washington State Public Health Laboratories, refer to

<http://www.doh.wa.gov/Portals/1/Documents/5100/420-076-Guideline-Rubella.pdf>

Before transport ensure that the caps on all tubes are tightly secured and do not leak. Store specimens at 4°C and arrange for same day/overnight transportation with cold packs. If specimens cannot be received at WSPHL within 48 hours of collection, freeze at -70°C and ship on dry ice.

Specimens must be shipped by Thursday or else special arrangements made with the labs for Saturday deliveries.

Send Specimens to:

**Washington State Department of Health,
Public Health Laboratories
1610 NE 150th St.; Shoreline, WA 98155-9701
Phone (206) 418-5400**

FOR CDC REFERRAL (OSPHL) :

All specimens sent to OSPHL for CDC referral must be accompanied by a completed OSPHL virology form 42 (call Virology at (503) 693-4100 to have a form 42 faxed to you) **AND** a CDC form which can be found at:

<http://public.health.oregon.gov/LaboratoryServices/Pages/CDC-Testing.aspx>

For more information on rubella testing at CDC, refer to <http://www.cdc.gov/rubella/lab/lab-specimens.html>

**Oregon State Public Health Laboratory
3150 NW 229th Ave
Suite 100
Hillsboro, OR 97124-6536, Phone (503) 693-4100**