

# Measles Throat and Nose Self Testing Guide

**Please read all the instructions before starting.**

You have received this test kit because you may have been exposed to measles virus and you are showing some symptoms of measles.

Measles is a highly contagious virus and spreads easily through air (e.g., breath, cough, sneeze) or direct contact with someone who has measles. Measles symptoms include fever, cough, runny nose, red/inflamed eyes, rash, and small white spots inside the mouth.

Immunization is the best way to prevent measles. If you have not had a full course of measles vaccine you can get vaccinated for free at your local health unit, health centre, or pharmacy.

Follow the instructions below to take the test and return the sample. You will get more information from a health care provider or from the public health team if you get a positive test result.

## Kit Contents

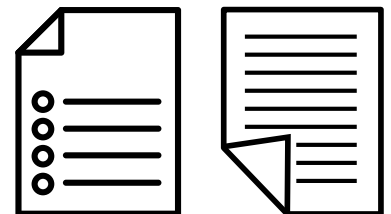
### 1 Biohazard Bag



### 2 Swab and Tube



### 3 Instructions and Test Order Form (Requisition)



## Please Note:

- Do not use if package arrives damaged or is missing any of the pieces above.
- The tests are single use and for humans only.
- Self collection is appropriate for adults. For children, collection may be done by a guardian.
- Store out of reach of children.
- Clean any spills from the plastic tube using paper towels and household cleaner.

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BC Centre for Disease Control  
Provincial Health Services Authority



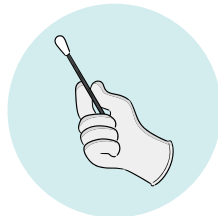
PROVINCIAL LABORATORY  
MEDICINE SERVICES  
Provincial Health Services Authority  
BCCDC Public Health Lab

Please read all the instructions before starting.

- 1** Wash your hands with soap before you begin.



- 2** Remove the swab from the packaging.



- Do not touch the swab tip with your fingers.

- 3** Start with your throat sample.



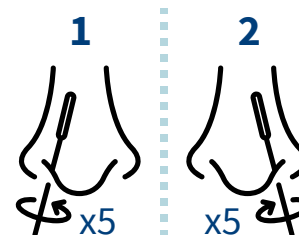
- Open your mouth.
- Try not to touch the sides of your mouth, tongue, teeth or gums with the swab tip. If this does happen, complete and return the test anyway.
- Use the swab to rub the back of your throat as shown in the image.
- Rub each area **5 times** back and forth.
- This may make you gag and that is normal.

- 4** Then collect your nose sample with the same swab.

- Tilt your head back.



- Insert the swab straight back (not up) into one nostril for 2.5 cm or when you meet resistance.
- Circle the swab against the inside of your nostril **5 times**.



- Do not use excessive force or pressure or bend the swab when collecting swab samples, as this may break the swab.
- Repeat same steps in your other nostril.

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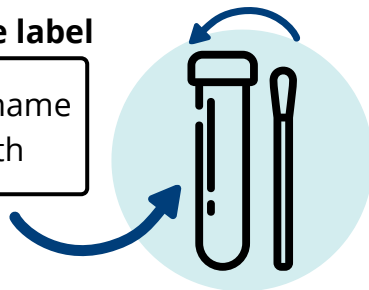
BCCDC Public Health Lab

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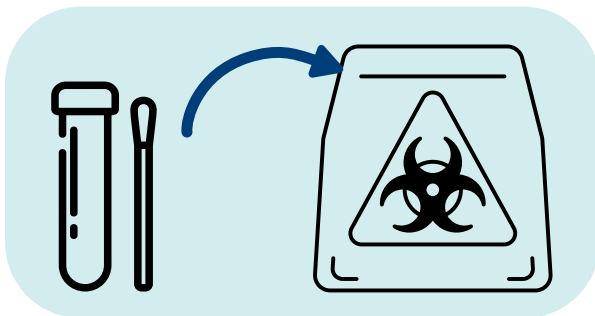
- 5 Place swab into collection tube and break off top of swab. Seal collection tube by screwing on the cap. Label the collection tube with your name and date of birth.

Collection tube label

First and last name  
Date of birth



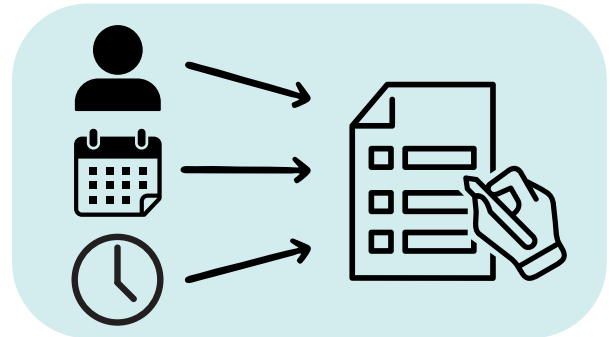
- 6 Place collection tube and swab in biohazard plastic bag and seal.



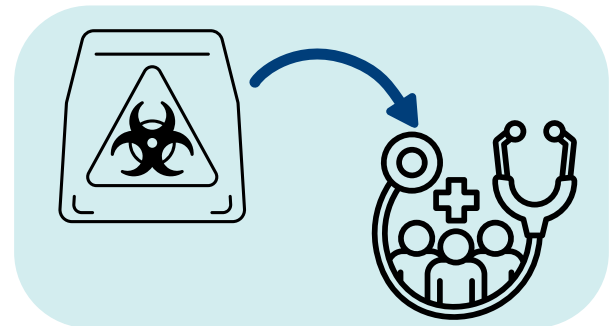
- 7 Wash your hands with soap after you are done.



- 8 Fill in your requisition with your personal information and the date and time of your sample collection.



- 9 Return the biohazard bag with your sample and the requisition form to your health care provider or public health team.



## Please Note:

- Get medical advice if the solution is accidentally swallowed, or comes into contact with skin, mouth or eyes by calling the **BC Drug and Poison Information Centre 24-hour line: 1-800-567-8911** or 604-682-5050.