

# Measles Urine 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.

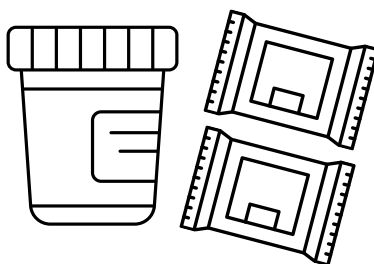
Follow the instructions below to take the test and return the sample. You will get more information from a health care provider or from the public health team if you get a positive test result.

## Kit Contents

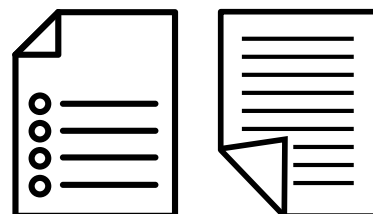
### 1 Biohazard Bag



### 2 Sterile Collection Container and wipes



### 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.
- Clean any spills from the container using paper towels and household cleaner.
- Store out of reach of children.

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

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



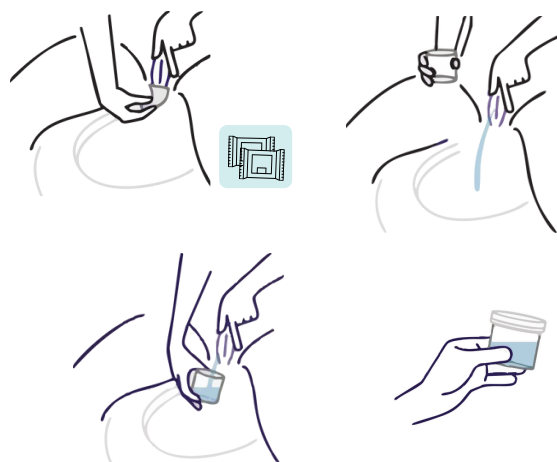
- 2** Open the container and wipes.

- Do not touch the inside of the container
- Use a damp cloth if wipes are not provided



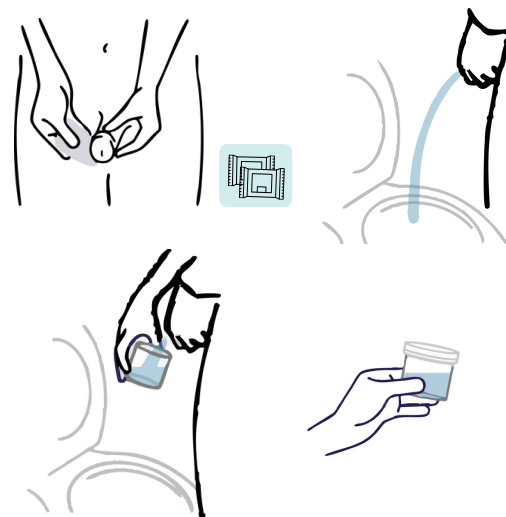
**3 Test steps for people with a vulva**

- Sit as far back on the toilet as possible.
- Spread legs apart.
- Clean the genital area with the wipes:
  - Hold the outer edges of your labia apart.
  - Use the wipes from front to back.
- Begin urinating as usual
- Without stopping the flow of urine place the container directly under the stream of urine.
- Continue to hold the labia apart until the urine sample is collected.
- Fill the container ½ to ¾ full.
- Remove the container without stopping the flow of urine.



**Test steps for people with a penis**

- Pull the foreskin of the penis back (if applicable).
- Cleanse the head of the penis with wipes:
  - Use the wipes on the tip of the penis.
- Begin urinating as usual.
- Without stopping the flow of urine place the container directly under the stream of urine.
- Continue to hold the foreskin back until the urine sample is collected.
- Fill the container ½ to ¾ full.
- Remove the container without stopping the flow of urine.



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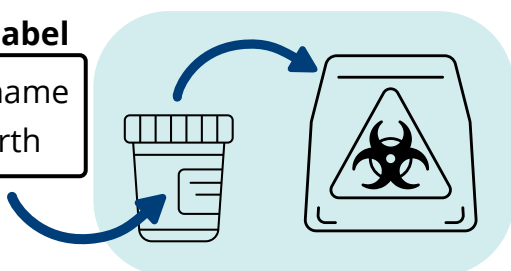
## 4 Put the lid back on the collection container and close.

- Ensure lid is completely closed to avoid leaks and spills.

**Label the container with your name and date of birth. Place the container in the biohazard plastic bag and seal.**

### Container label

First + last name  
Date of birth

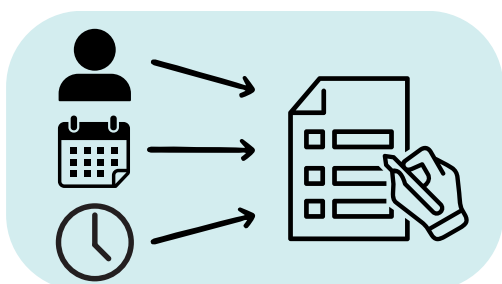


## 5 Wash your hands with soap after you are done.

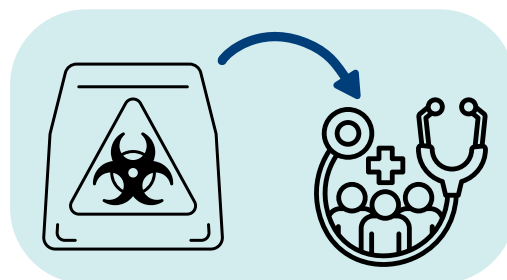


## 6 Fill in your requisition with your personal information and the date and time of your sample collection.

- Place the requisition in the pocket on the outside of the biohazard bag.



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



Please return your sample as soon as possible to ensure it is received by the testing lab within 48 hours of collection.

If you are not able to return the sample immediately after collection, put it in the refrigerator until ready to deliver to your care team or provider.

