

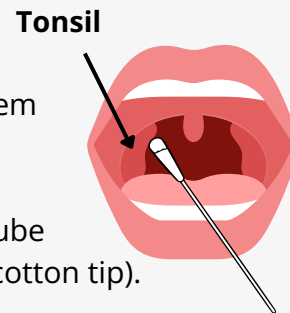
Measles Self-Collect Kit

Testing for symptomatic and close contact patients

Performing a Self-Collect Throat Swab

You have been provided with a tube with an orange lid, this instruction leaflet, swab and measles pathology testing request form.

1. Label the specimen tube with your relevant details, e.g. **full name, date of birth and the date and time of collection**. Place your request form in the outside pocket of the specimen bag. (Please also make sure that your request form has your name, DOB, address and contact details filled in.)



2. Wash your hands with soap and water and dry them before taking your swab.
3. In front of a mirror, remove your swab from the tube packaging, touching only the plastic end (not the cotton tip).
4. Open your mouth, tilt your head back slightly and say "Aaah". Avoiding your tongue, carefully but firmly, swab your tonsil area and the back of your throat. Withdraw the swab carefully without touching the inside of your mouth.

Place the swab immediately back inside the tube without making contact with any additional surfaces to avoid contamination. Securely reattach the tube lid and seal the tube inside the specimen bag.

5. Wash your hands thoroughly with soap and water.

Performing a Self-Collect Urine Sample

You have been provided with a sterile container for your sample. If the container is broken or you have touched the inside surface, please request a new container.

1. Wash your hands with soap and water and dry them before taking your sample.
2. Label the container with your **full name, date of birth and the date and time of collection**.
3. **Females:** Sit astride the toilet and cleanse your vagina from front to back with a clean wipe.
Males: Cleanse your penis with a clean wipe. If uncircumcised, retract your foreskin and cleanse.
4. Begin urinating into the container for 4- 6 seconds or until it is **10-20ml** filled, then remove the container and finish urinating into the toilet.
5. Seal the container securely to prevent leaks.
6. Place it container inside of the specimen bag.
7. Wash your hands thoroughly with soap and water.



Sample handling, storage and delivery

Deliver samples to a PathWest collection centre within one hour. If immediate delivery is not possible, store the sample in the refrigerator (not freezer) for up to 12 hours in an additional sealed bag.