

COLLECTION OF SPECIMENS FOR TYPING OF RUBELLA VIRUS

Please coordinate the shipping of specimens with Dr. Teryl Frey's office (see address below).

I. Respiratory Specimens

Throat swab or nasopharyngeal washes

Materials:

- sterile swabs
- 3 ml aliquots of viral transport medium (VTM: sterile PBS or suitable isotonic solution such as Hank's BSS, etc. containing antibiotics (100 units/ml penicillin, 100 µg/ml streptomycin) and either 2 % fetal bovine serum or 0.5% gelatin in 15 ml polycarbonate or polystyrene centrifuge tubes
- 5 ml plastic syringes
- plastic aspirators or 30 ml syringe
- Styrofoam shipping containers

Instructions:

1. Attempt to obtain the sample as soon as possible after onset of rash but a maximum of 4 days after rash onset.
2. A throat swab as if you were obtaining a bacterial culture is the preferred method.

Alternative: An alternative method for specimen collection is a nasal wash (nasopharyngeal aspirate) using a syringe attached to a small, plastic tube and 3–5 ml of VTM. After placing VTM in the nose, aspirate as much of the material as possible and rinse the tube with a small volume (2ml) of VTM.

OR

Alternatively, sterile swabs can be used to wipe the nose and throat. Place both swabs in a tube containing 2–3 ml of transport medium. The virus is extremely cell-associated, so attempt to swab the throat and nasal passages to collect epithelial cells.

3. Procedures for shipping of specimens

Preferred method: Keep all specimens on wet ice or at 4° C and ship as soon as possible on wet ice (see address below).

Other acceptable methods: If immediate, cold shipment (within 48 hrs) cannot be arranged or is not convenient. Nose and throat swabs can be removed from the transport medium after allowing some time for elution of virus (at least 1 hr). Nasal wash specimens can be centrifuged at 2500 x g for 15 minutes at 4° C and the pellet resuspended in 1 ml of tissue culture medium. If possible, the supernatant can be saved in a separate tube. The samples should be frozen and shipped at -70° C (dry ice). If centrifugation is not available the whole specimen can be frozen (preferably at -70° C) and shipped on dry ice.

II. Urine specimens

Methods

1. First morning voided specimens are ideal, but any urine collection is adequate. Collect up to 50–100 ml of urine in a 50 ml centrifuge tube or a urine specimen container.
2. Centrifuge at 2500 x g for 15 minutes at 4° C to pellet the sediment. Resuspend the sediment in 2–3 ml of Viral Transport Medium (VTM; see above) or any cell culture medium (DMEM, EMEM, RPMI plus antibiotics) and ship. Preferably specimens that have been centrifuged and resuspended should be frozen at -70° C and shipped on dry ice. If dry ice is not available, however, they can be stored at 4° C and shipped on wet ice.

III. Shipping

It is best to send specimens by express courier early in the week (Monday or Tuesday) so the shipment can be tracked down, if necessary. Prior to shipping, either Dr. Teryl Frey or Emily should be called or e-mailed.

Ship to:

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