

## Laboratory Technical Bulletin

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### Submitting Test Requests for Measles (Rubeola) Testing

**Effective Date: April 22, 2025**

Measles cases continue to rise across the US and as of 4/17/25 MDHHS reports Michigan's first confirmed outbreak since 2019. As such, health care providers should consider measles in any patient presenting with a febrile rash illness, especially if the patient is unvaccinated, has an unknown vaccination status, or has a history of international travel or domestic travel to a known outbreak location within the last 21 days.

Measles transmission occurs primarily through airborne droplets or contact with nasal or throat secretions from someone with active measles. Symptoms include fever (as high as 105°F), malaise, cough, coryza, and conjunctivitis. Maculopapular rash usually appears about 14 days after a person is exposed. Patients are considered contagious from 4 days before to 4 days after the rash appears.

#### Immediate Actions:

1. If calling ahead, patients should discuss with a provider and recommend a virtual visit when appropriate. If an in-person visit is necessary, instruct them to wear a mask.
2. Isolate: Ask the patient to wear a mask, avoid contact others during transport and place the patient in an airborne infection isolation room (AIIR) or a private room with a closed door.
3. Protect Staff: Staff wear a fit tested N-95 respirator according to airborne transmission-based isolation precautions, and a gown and gloves according to standard precautions.
4. Clinicians Notify (Prior approval is required before submitting specimens for Measles testing):
  - a. Hospital Infection Prevention Specialist
  - b. Local Health Department for the county where the patient resides.
  - c. **Call MDHHS for approval** prior to collecting specimens. Information required will be Patient Name, DOB, symptoms, vaccine status and travel history:
    - i. Business Hours Mon - Fri: 517-335-8165
    - ii. After Hours/weekends: 517-335-9030

#### Specimen Collection and Testing:

1. **Measles PCR Assay** (Preferred within 7 days of onset of rash): Collect one throat or nasopharyngeal swab in viral transport media (VTM, UTM, M4, or M6).
2. **Measles/Rubeola IgM** (If  $\geq 72$  hrs of rash onset): Collect red-top or gold-top serum separator tube.
3. Order MISCLAB1 (Indicate Measles PCR and/or IgM for Send-out to MDHHS) and send to Corporate Lab.

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