



UK Health
Security
Agency

Step by step guide to measles testing at home

The same oral fluid kits can be used
to test for rubella or mumps

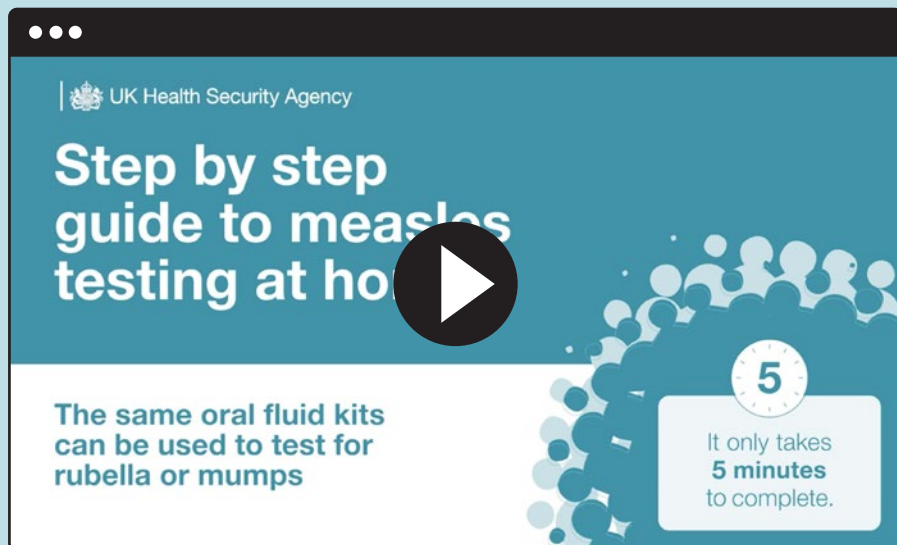
This guide explains

- why you need to take a measles test
- how to take the test
- how to pack and post the test
- how to get the results



It only takes
5 minutes
to complete.

Watch the step by step video guide



Scan the **QR code** or enter the **short link** into your browser.

<https://qrco.de/ofkvid>



About this test

Measles is not common in the UK. People with measles often get a rash, but not all rashes are caused by measles – many other illnesses can cause a rash too. This means it may be difficult for a doctor to tell if a rash is due to measles or something else. That's why we test everyone who might have measles using a simple home testing kit.

These kits can also be used to test for rubella (which can also cause a rash) or mumps (which can cause swelling on the cheeks and neck).

It's important to take this test even if you've already been tested and received a result from your doctor or hospital and even if you are now feeling better.

This test is quick, easy and does not hurt. You use a small sponge on the end of a short stick to collect oral fluid along the gums. If someone had measles recently, then this fluid will have the virus in it. The test can find measles up to six weeks after the infection and can tell us what type it is.

Due to our vaccine programmes, measles is now rare, but outbreaks still happen. Testing everyone who might have measles helps us know if it is measles or not and how different types of measles are spreading.

Who is the test for

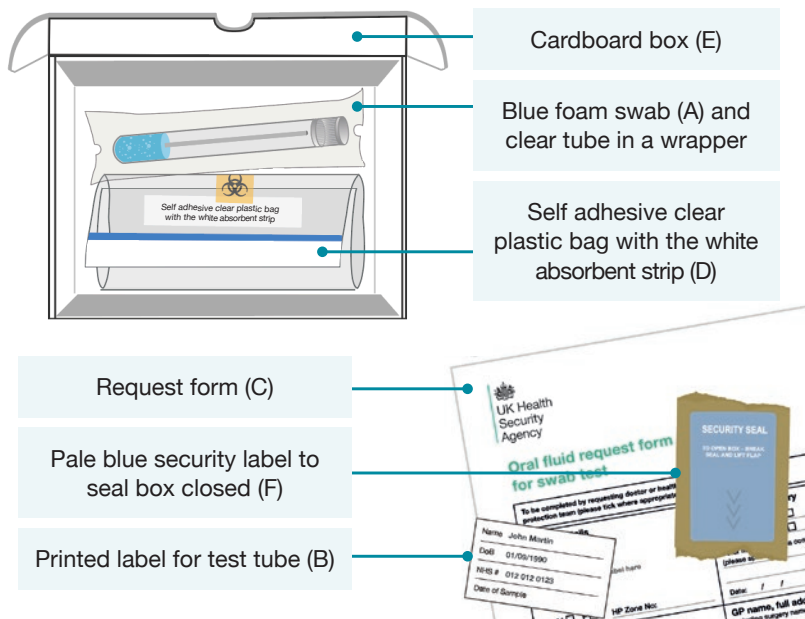
This test is suitable for everyone, from babies to adults. Small children may need the test to be done by a parent or guardian.

How to take the test

1. Get ready to take the test

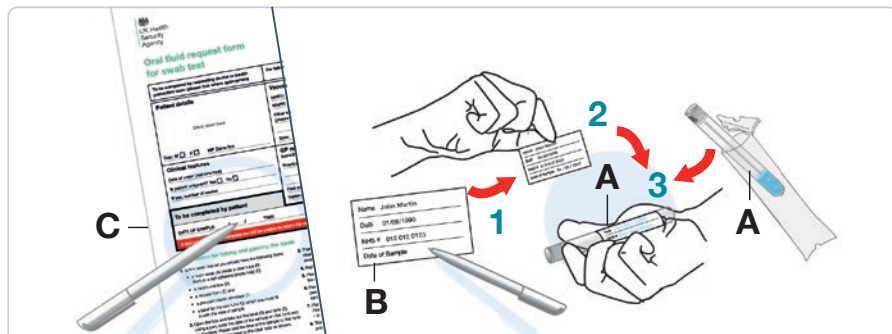
- Read this instruction guide carefully. You can also watch the step by step video online: <https://qrco.de/ofkvid>
- Clear a dry, flat surface to place the test kit on
- Wash your hands thoroughly for 20 seconds using soap and water or use hand sanitiser. If you are doing more than one test (on several children for example), wash your hands between each test

Contents of swab test kit



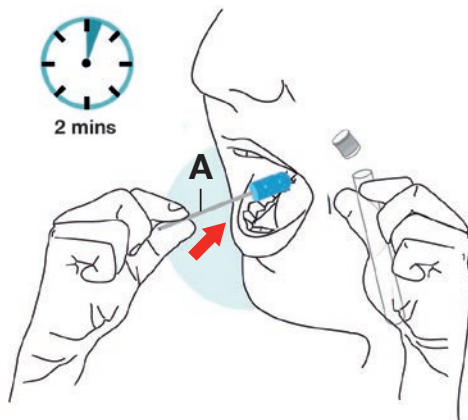
2. Set up your test

- Open the test kit and lay out all the contents on your dry flat surface. You should have:
 - a.** A blue foam swab in a clear test tube, in a wrapper (A)
 - b.** A printed label for the test tube (B)
 - c.** Paper request form (C)
 - d.** A self-adhesive clear plastic bag containing a white absorbent strip (D)
 - e.** A cardboard box (E)
 - f.** A pale blue security seal (F)

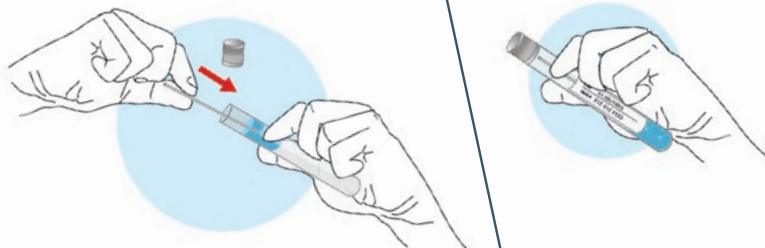


- Take the test tube out of the wrapper (A)
- Your name and date of birth should already be on the printed label. Add today's date (date you collect the sample) to the label (B)
- Stick the printed label on to the clear test tube
- Add the date of the sample onto the paper request form (C)

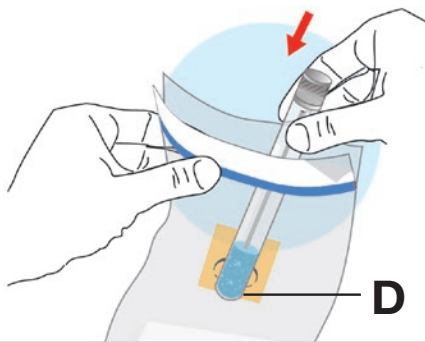
3. Take the test



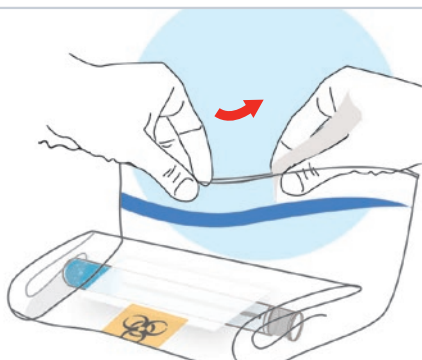
Take the blue foam swab out of the test tube (A). Gently rub the blue foam swab along the gum line for 2 minutes.



Replace the blue foam swab back into the clear test tube and replace the lid.

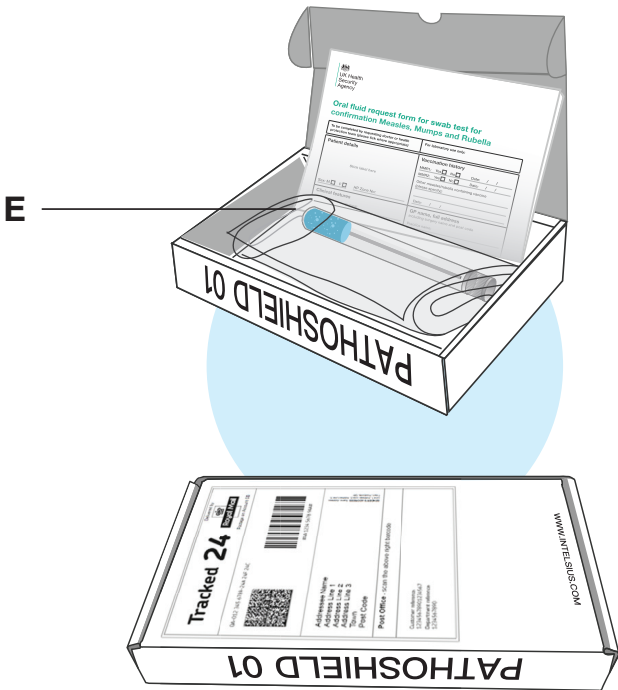


Place the blue foam swab into the self-adhesive clear bag (D). Leave the white absorbent strip inside the bag. Push the air out of the bag to flatten it.

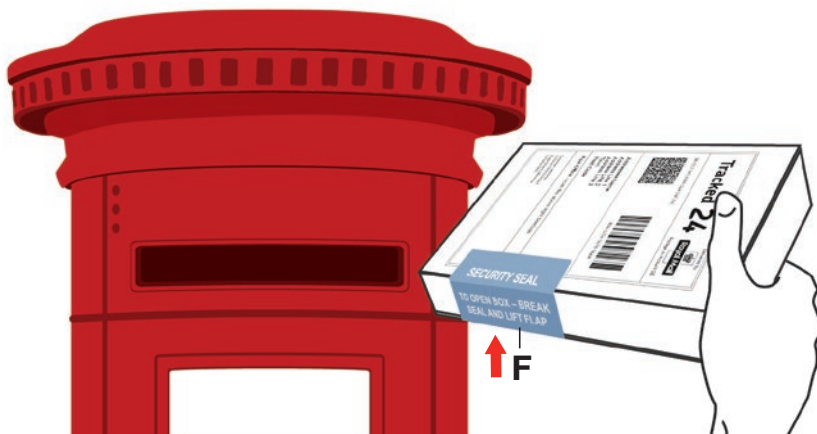


Peel back the strip and fold down the top of the bag to seal it. Ensure the bag is fully sealed. Wash your hands.

4. Package your test for posting



- Place the clear bag containing the sample into the cardboard box (E)
- Fold the paper test form and add it to the box
- Close the cardboard box



Use the pale blue security seal (F) to seal the edge of the box where marked, making sure you do not cover the address or barcodes on the Royal Mail label. Do not forget to seal the box. The box can then be posted in any Royal Mail post box.

How to get your results

The result of your measles test will go to your family doctor and to your local Health Protection Team within a few weeks.

I have already been tested for measles – do I still need to take this test?

Yes. It's important to take the test even if your doctor or hospital has already tested you and given you the result. This test is checked at the National Reference Laboratory to confirm if you had measles or not. It can also show what type of measles it is. This is important for us to understand if measles infection is being caught abroad and brought to the UK, and how much further it is then managing to spread.

I am now feeling better. Do I still need to take this test?

Yes. It is very important to test everyone who might have measles, even if you are feeling better. This helps us find out if it was really measles or not and shows us how much measles is spreading in the community. This test can find measles infection that has occurred any time in the last six weeks.

About the MMR or MMRV vaccine

The best way to protect yourself and your family against measles, and also mumps and rubella infection, is to ensure you have had 2 doses of the MMR or MMRV (measles, mumps, rubella and varicella) vaccine. The first dose is now routinely given to children from 12 months of age and the second dose from 18 months of age. For more information about MMR and MMRV vaccines:

MMR vaccination
for all eligible –

<https://qrco.de/besaAZ>



A guide to the
MMRV vaccination –

<https://qrco.de/ukmmrv>

