Date: July 18, 2017
To: All Physicians and All Zones
From: Provincial Laboratory for Public Health (ProvLab)
Re: Changes to Rubella and Varicella Zoster Virus Antibody Reporting

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Messages:

1. Individuals are considered protected from infection (i.e. are immune to the virus) when their:
   - Rubella IgG titers are >10 IU/ml
   - Varicella Zoster Virus (VZV) IgG is positive

2. Do not continue to test for immunity (IgG) to these viruses once an individual is considered protected.

3. If the laboratory receives a sample for testing rubella IgG or VZV IgG after a patient has been reported to be immune, subsequent laboratory requests will be cancelled with the following comments:
   - This patient previously tested positive for Rubella IgG. As IgG levels >10 IU/ml are generally considered protective, repeat testing will not be performed.
   OR
   - This patient previously tested positive for Varicella IgG. As positive IgG levels are generally considered protective, repeat testing will not be performed.

4. The protective threshold for rubella initially was >15 IU/ml. Extensive analysis of the Alberta population indicates that patients with 10-15 IU/ml also have immunity (1).
   - All patients with values >10 IU/ml will now be reported as positive for rubella IgG.

How this will impact you:
- New testing algorithms and rubella interpretation cut offs will be implemented on July 24, 2017.
- This will affect routine and prenatal orders.
- New rubella interpretations can be applied to previous lab results.

<table>
<thead>
<tr>
<th>New Rubella Interpretation</th>
<th>Old Rubella Interpretation</th>
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<tbody>
<tr>
<td>Interpretation</td>
<td>Rubella IgG (IU/ml)</td>
</tr>
<tr>
<td>Negative</td>
<td>≤10</td>
</tr>
<tr>
<td>Indeterminate</td>
<td>10-15</td>
</tr>
<tr>
<td>Positive</td>
<td>&gt;10</td>
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</tbody>
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Action Required: When a patient has rubella titres ≤10 IU/ml, or is varicella negative, and has <2 doses of MMR(V), (postpartum) vaccination should be recommended.

Inquiries and feedback may be directed to:
Dr. Carmen Charlton, Clinical Microbiologist ProvLab; (780) 407-8975; Carmen.Charlton@albertahealthservices.ca

This bulletin has been reviewed and approved by:
Dr. Graham Tipples, Medical/Scientific Director, ProvLab