



✓ Compliance Essentials

Follow all steps in [49 CFR](#) with regards to documentation, marking, labeling, etc.

Match your paperwork to your package. The information on the Shipper's Declaration for Dangerous Goods (SDDG) must exactly match the information on the package. Double-check names, addresses, UN numbers, and quantities before the package leaves your hands.

Generate your SDDG the right way. Use FedEx software to generate the SDDG. This ensures compliance with FX-18 requirements.

Keep labels clean and legible. Make sure labels on the package do not overlap. Overlapping labels can obscure critical information and create delays or compliance issues.

Follow the triple packaging system. Category A infectious substances must be packaged and shipped in accordance with DOT's Hazardous Materials Regulations ([49 CFR 173.196](#)). This means using three layers:

1. **Primary container** – a sealable specimen container wrapped in absorbent material
2. **Secondary container** – watertight and leak-proof
3. **Outer packaging** – rigid, and built to meet Category A shipping requirements

Never open collection tubes during packaging. Opening a tube breaks the vacuum seal and increases the risk of leakage during transport, putting the person packaging the specimen at risk.

💡 Tips

Get CDC approval before you ship. CDC will not accept a specimen for VHF or other high-consequence disease testing without prior consultation and CDC approval. Reach out to CDC before packaging and shipping — don't wait until the package is ready to go.

Send the tracking information to CDC as soon as possible. Once the package is on its way, share tracking details right away so the receiving lab can plan for it.

For specimens collected from patients with suspected VHF and shipped via FedEx, do not select "Deliver Monday–Friday only." Leaving this box unchecked allows the package to be delivered on Saturday if a flight is delayed — helping avoid extended delays for time-sensitive specimens.

Regulations can change. Shipping regulations may be updated over time — when in doubt, consult a certified Dangerous Goods shipping expert and CDC for the most current requirements.