Proper specimen collection is crucial for accurate test interpretation due to the diverse range of viruses, complex virus–host interactions, and evolving testing methods. Some viruses are naturally present in our bodies without causing illness, while others, like HHV–6, can integrate into germline cells and be passed on to offspring. Chronic, suppressed, or latent viruses like HIV can reactivate, leading to temporary, low levels of virus in the blood.

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