

Measles Health Advisory

March 12, 2014

Situation Update

As of March 5, 2014, 28 measles cases have been reported in California, of these, nine reported international travel. Five measles cases have been reported in Riverside County since February 2014. No cases were reported in the County in 2013. Cases have also been reported in Los Angeles, Orange and San Diego Counties.

This increased activity highlights the need for healthcare professionals to be vigilant about measles. **Prompt identification and implementation of infection control measures can make a difference in stopping the spread of measles in our community.** Health care facilities should routinely ensure that health care workers are immune to measles, as well as other vaccine preventable diseases.

Please take the following actions:

- Immunize them before they go: Unvaccinated residents who are traveling to countries where measles is circulating should receive MMR vaccine before they go. Infants traveling to these countries can be vaccinated as young as six months of age (though they should also have the two standard doses of MMR vaccine after their first birthday).
- Consider measles in patients of any age who have *a fever AND a rash*. Please remember patients can be infectious four days prior to rash onset. Fever can spike as high as 105°F. A measles rash is red, blotchy, maculopapular, typically starting on the hairline and face, and then spreading downwards to the rest of the body.
- Obtain a thorough history on such patients, including:
 - Travel
 - Prior vaccinations for measles
 - Contact with anyone with a rash illness

If you suspect measles:

- Isolate the patient immediately using airborne and standard precautions. The risk of measles transmission to others can be reduced if control measures are implemented.
- Place patient in a surgical mask, if it can be tolerated.
- Do not use the examination room for at least two hours after the measles case (or suspect) leaves.
- Restrict care of patients with suspect or confirmed measles to immune healthcare workers.
- Collect specimens for measles testing
 - Draw 1-2 ml blood in a red-top tube; spin down serum if possible. NOTE: Capillary blood (approximately 3 capillary tubes to yield 100 µl of serum) may be collected in situations where venipuncture may be difficult, such as for children <1 year of age.
 - Obtain a throat or nasopharyngeal swab; use a viral culturette and place into viral transport media.
 - Collect 10-40 ml of urine in a sterile 50 ml centrifuge tube or urine specimen container.
 - For questions on submission of specimens to County of Riverside Public Health Laboratory, please call Megan Crumpler, Assistant Laboratory Director at (951) 358-5070.

Management of Exposed Individuals

- IG may be given to exposed susceptible individuals of any age, if given within 6 days to prevent exposure.
- MMR vaccine may be given ≤ 72 hours of exposure to persons ≥ 6 months of age with 1 or no documented doses of MMR, if not contraindicated (two MMRs given after 1 year of age are still indicated).

Reporting

Notify Disease Control immediately of any suspect measles patients, call (951) 358-5107 during regular business hours; or (951) 782-2974 after hours.