

# Measles Health Advisory

## April 16, 2014

### Situation Update

As of April 10, 2014, 56 measles cases have been reported in California. In 2013, four measles cases were reported during this time period. Thirteen of the 2014 cases had traveled outside the United States.

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 other counties in Southern California: Los Angeles (10 cases), Orange (22 cases), and San Diego (4 cases).

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. None-immune health care workers may need to be excluded from work and quarantined from day 7 through day 21 post exposure.

### 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 using a Dacron swab to dislodge epithelial cells; 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.

**Please take the additional actions listed below:**

- 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

**Management of Exposed Individuals**

- IG may be given to exposed susceptible individuals of any age, if given within 6 days of exposure.
- MMR vaccine may be given within 72 hours of exposure to persons 6 months of age and over 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.