



Riverside County
Public Health

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Measles Health Advisory

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Situation Update

Measles activity is being seen in several jurisdictions in California. As of January 6, 2015, seven cases of measles in patients from five different jurisdictions have been reported to the California Department of Public Health. All patients reported visiting Disneyland or Disney California Adventure Park in Orange County. Two of the cases were children from Riverside County. Five measles cases were reported in the county in 2014. Sixty one measles cases were reported in the state last year.

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 healthcare 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 2-5 cc blood in a red-top tube; spin down and remove 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 2-3 ml viral transport media.
- Collect up to 50-100 ml of urine from the first part of the urine stream in a sterile 50 ml centrifuge tube or urine specimen container.
- For questions on submission of specimens to the 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 six days of exposure.
- MMR vaccine may be given within 72 hours of exposure to persons six months of age and over with one or no documented doses of MMR, if not contraindicated (two MMRs given after one year of age are still indicated).

Reporting

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