



**HEALTH ADVISORY**  
**AUGUST 17, 2018**  
**MEASLES CASE IN CONTRA COSTA COUNTY**

**SUMMARY:**

A Contra Costa County resident was diagnosed with lab-confirmed measles this week. During the infectious period (August 6 through August 14, 2018) but prior to diagnosis, the resident visited popular attractions and restaurants in the San Francisco Bay Area and across California.

Measles is very infectious and airborne transmission can occur in indoor settings. The investigation is ongoing. Known close contacts have been assessed for measles immunity. It is important to note that not every potential contact at a public venue can be identified and the incubation period is 7-21 days after exposure. Clinicians should be vigilant in identifying, appropriately managing, and reporting suspected measles cases to Public Health. These actions will help prevent ongoing transmission of disease.

**Actions Requested of Healthcare Professionals:**

1. **Consider/suspect measles** in patients with a rash and fever  $\geq 101^{\circ}\text{F}$  ( $38.3^{\circ}\text{C}$ ) regardless of travel history. Ask about measles vaccination and exposure to known measles cases, visiting popular attractions where international travelers are present, international travel, or contact with international visitors in the three weeks prior to illness.
2. **Prepare your facility for the possibility of patients with measles.** Ask patients to call ahead first if they have fever and rash. [Post signage](#) that directs patients with fever and rash to notify staff. Train staff to immediately implement airborne precautions if measles is suspected.
  - a. **Mask and isolate** the patient in an airborne isolation room immediately
  - b. Do not re-use exam room for at least one hour after the patient has left the room
  - c. Assure airborne precautions at other healthcare facilities if referring the patient
3. **Report** suspected measles cases **immediately** to Contra Costa Public Health by phone at (925) 313-6740; or after hours, call Sheriff's dispatch at (925) 646-2441 and ask for the Health Officer On-call. **CALL, DO NOT FAX.**
4. **Test** suspected measles cases in consultation with Contra Costa Public Health:
  - a. Collect a throat swab (for measles PCR) with a Dacron swab and place in VTM
  - b. Collect a urine specimen (for measles PCR) in any container (does not need to be sterile)
  - c. Draw blood (for measles IgM and IgG) if and only if it is already Day 4 or later after rash onset
  - d. Collecting specimens while the patient is at your facility will prevent delays in confirmation and limit the potential for additional healthcare visits/exposures. Details on specimen collection, storage and shipment can be found at [CDPH Measles Lab Testing](#): <http://tinyurl.com/ydhh9u85>
  - e. Please **HOLD** specimens for testing by Public Health (Do NOT use commercial labs)

**Actions Requested (continued):**

5. **Advise patients with suspected measles to stay home with no visitors** until at least four days after rash onset and/or until cleared by Contra Costa Public Health to resume normal activities. Patients should go home by private vehicle, not take public transportation and should only be accompanied by someone immune to measles.
6. **Confirm immunity of contacts and *health care staff*** with unknown vaccination status by ordering Measles IgG only. DO NOT order measles IgM testing for asymptomatic individuals, as there is a substantial possibility of a false positive IgM result. *Confirm staff immunity now to avoid staff exclusion from work in the event of an exposure.*
7. **Vaccinate children and non-immune adults**, unless contraindicated, according to national guidelines.

**ADDITIONAL RESOURCES:**

- Centers for Disease Control and Prevention (CDC) - [www.cdc.gov/measles/hcp](http://www.cdc.gov/measles/hcp)
- California Department of Public Health (CDPH) - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>
- Contra Costa Public Health - <http://cchealth.org/measles/providers.php>

