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**CONTRA COSTA
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HEALTH ALERT
FEBRUARY 13, 2014

CONFIRMED CASES OF MEASLES

SUMMARY:

Contra Costa Public Health has confirmed two cases of measles in Contra Costa residents, the only 2 cases in the last 5 years. Both case-patients had history of recent travel to Asia prior to illness, and we are identifying many possible exposures in public and community settings associated with these cases. **We are asking for clinicians to be vigilant and to report suspected measles cases immediately.**

CURRENT SITUATION

- So far, two cases of measles have been identified in Contra Costa in 2014; other measles cases also recently identified elsewhere in California, mostly in returning international travelers.
- Measles is very contagious. Individuals who are not immune are at risk of getting disease and spreading it to their friends, family members and the community. Immediate reporting by providers will assist us in identifying those exposed and can prevent more cases.

ACTIONS REQUESTED OF HEALTHCARE PROFESSIONALS:

1. WATCH for measles symptoms – suspect measles in a patient with fever and rash and ask about a history of international travel in the prior 3 weeks.
2. IMMEDIATELY REPORT suspect measles cases to Contra Costa Public Health by calling 925-313-6740. Do not wait for lab confirmation to call us.
3. TEST – order measles serologic testing (IgM and IgG) and nasopharyngeal, throat and urine specimens for polymerase chain reaction (PCR) and viral culture. To expedite testing and decrease delay in diagnosis, send specimens to Contra Costa Public Health Lab.
4. IMPLEMENT airborne precautions immediately, and mask and isolate patient (negative pressure room if available). Do not use any regular exam room for at least 2 hours after a suspected measles patient has left the room.
5. ADVISE patient to stay home until contacted by Contra Costa Public Health.



CLINICAL INFORMATION:

- Measles is an acute viral illness characterized by a prodrome of fever (as high as 105°F) and malaise, cough, coryza, and conjunctivitis, followed by a maculopapular rash.
- Prodromal symptoms typically begin 8-12 days after exposure. The rash usually appears 14 days (range 7-21 days) after exposure.
- Measles rash is red, blotchy and maculopapular and typically spreads from head to trunk to lower extremities.
- Persons with measles are usually considered infectious from 4 days before until 4 days after onset of rash.

CURRENT RECOMMENDATIONS:

TESTING

- Collect the following specimens for measles testing:
 - 1) 5mL of blood;
 - 2) throat or nasopharyngeal swab in viral transport media; and
 - 3) 10-40mL of urine
- Arrange testing at Contra Costa Public Health Laboratory by contacting (925) 370-5775. The laboratory submittal form can be found at: <http://cchealth.org/laboratory/>

INFECTION CONTROL

- Query and suspect patients with febrile illness and international travel, contacts with foreign visitors and/or possible exposure to measles patient in the 3 weeks prior to symptom onset.
- Immediately implement airborne precautions for all suspect patients.
- Provide patient with surgical mask. If possible, isolate patient (in negative pressure room if available).
- Only allow healthcare staff with documented vaccination or immunity to enter patient's room.
- Do not use any regular exam room for at least 2 hours after suspected measles patient has left.
- Make note of all rooms and common areas the suspect patient traveled so if diagnosis confirmed, then exposed people can be identified to assess measles immunity.

CDPH Healthcare Facility Infection Control Recommendations can be found at:

<http://www.cdph.ca.gov/programs/immunize/Documents/CDPHHCFacilityICRecsforSuspectMeaslesPatients.pdf>

ADDITIONAL QUESTIONS:

Contra Costa Public Health Communicable Disease Programs can be reached 8AM-5PM Monday through Friday: 925-313-6740 (phone) or 925-313-6465 (fax). In addition, more information may be found at: www.cchealth.org/measles and <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx>