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# MEASLES PUBLIC HEALTH ADVISORY

February 8, 2024

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## Situation Update

In 2023, 58 confirmed measles cases were identified in the U.S., four of which occurred in California. Three of the cases occurred from December 1, 2023, through February 1, 2024, all in international travelers. Although no current cases have been reported in Riverside County, several residents have been exposed to measles in other jurisdictions. The Centers for Disease Control and Prevention (CDC) has seen an increase in direct importations of measles by international travelers.

## Background

Measles symptoms usually begin 10-12 days (up to 21 days) after exposure with a prodrome of fever as high as 105°F (40.5°C), malaise, cough, runny nose, and conjunctivitis. Three to five days following onset of the prodrome, a maculopapular rash develops. The rash usually begins around the ears and hairline and then spreads down to cover the face, trunk, arms, and legs. More information for providers may be found at the [CDC measles website](#).

## RECOMMENDATIONS FOR HEALTHCARE PROVIDERS

- 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, and maculopapular, typically starting on the hairline and face, and then spreading downwards to the rest of the body. Often the facial rash is confluent.
- Obtain a thorough history on such patients, including:
  - Travel
  - Prior vaccinations for measles
  - Contact with anyone with a rash illness
- See the [Health Advisory from CDPH](#) for additional information.

## 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 the 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 suspected or confirmed measles to immune healthcare workers.
- Collect specimens for measles testing:

Throat, Nasal, or NP Swab

Collect within 2 weeks of rash onset. Use a sterile synthetic swab (e.g., Dacron). A throat swab is the preferred respiratory specimen. Place into viral transport media.

Urine

Collect within 2 weeks of onset 10-50 ml of urine (first part of stream) in a sterile 50 ml centrifuge tube or urine specimen container. The first morning void is ideal.

Specimen storage and shipping

Store all specimens at 4°C and ship in a cold pack within 72 hours. For longer storage, ship specimens at -70°C or colder.

For questions on submission of specimens please contact the Public Health Laboratory 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 infection.
- MMR vaccine may be given  $\leq 72$  hours of exposure to persons  $\geq 6$  months of age with one or no documented doses of MMR, if not contraindicated.
- Ensure all exposed Health Care Workers have had two MMR or proof of immunity.

### Prevention

People 6 months of age or older who will be traveling internationally should be protected against measles.

Before traveling internationally:

- Infants **6 through 11 months** of age should receive one dose of MMR vaccine†
- Children 12 months of age or older should have documentation of two doses of MMR vaccine (the first dose of MMR vaccine should be administered at age 12 months or older; the second dose no earlier than 28 days after the first dose)\*
- Teenagers and adults born during or after 1957 without evidence of immunity against measles should have documentation of two doses of MMR vaccine, with the second dose administered no earlier than 28 days after the first dose



† Infants who get one dose of MMR vaccine before their first birthday should get two more doses according to the routinely recommended schedule (one dose at 12 through 15 months of age and another dose at 4 through 6 years of age or at least 28 days later).

\* The measles-mumps-rubella-varicella (MMRV) vaccine is also available to children 12 months through 12 years of age. If used in place of MMR vaccine, the first dose should be administered at age 12 months or older, and the second dose no earlier than three months after the first dose. MMRV should not be administered to anyone older than 12 years of age.

### **Reporting**

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

### **Resources**

#### **Measles Testing Guidance**

[Measles Laboratory Testing Guidance \(ca.gov\)](#)

#### **Should I Test for Measles**

<https://eziz.org/assets/docs/IMM-1269.pdf>