



Public Health Communicable Disease Section

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Health Advisory Measles Update: Eight Confirmed Cases in California

January 9, 2015: Measles has been confirmed in eight California residents and two Utah residents as of January 9, 2015; all visited Disneyland or Disney California Adventure Park between December 15 and December 20, 2014. In California, the confirmed cases reside in six local health jurisdictions (Alameda, Orange, Pasadena, Riverside, San Bernardino and San Diego) and range in age from 8 months to 21 years. Additional suspect cases are under investigation statewide.

Measles is a highly infectious, airborne disease. People can be infectious with measles for nine days. Measles typically begins with fever, cough, runny nose and red eyes and within a few days a red rash appears, usually first on the face and then spreads downward to the rest of the body. If you have symptoms, and believe you may have been exposed, please contact your health care provider.

To prevent additional measles cases, California healthcare providers are recommended to:

Remember the diagnosis:

- Consider measles in patients of any age who have a fever AND a rash regardless of their travel and immunization history. Fever can spike as high as 105°F. Measles rashes are red, blotchy and maculopapular and typically start on the hairline and face and then spread downwards to the rest of the body.
- Obtain a thorough history on such patients, including:
 - Travel outside of North or South America or contact with international travelers (including transit through an international airport or a visit to an international tourist attraction in the United States) in the prior three weeks. However, since measles cases have occurred throughout California undetected community transmission cannot be ruled out; and
 - Prior immunization for measles.
 - Please note that although documentation of receipt of two doses of MMR vaccine or a prior positive measles IgG test result makes the diagnosis of measles less likely, measles can still occur in such persons.
- If you suspect your patient may have measles, isolate the patient immediately and alert your local health department as soon as possible. The risk of measles transmission to others and large contact investigations can be reduced if control measures are implemented immediately.
 - Post-exposure prophylaxis can be administered to contacts within 72 hours of exposure (MMR vaccine) or up to 6 days after exposure (Immune globulin - intramuscular). Please consult with your local health jurisdiction regarding appropriate administration.

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Collect specimens for measles testing:

- Draw 7-10 ml blood in a red-top or serum separator 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 is not preferred, such as for children <1 year of age.
- Obtain a throat or nasopharyngeal swab; use a viral culturette and place into viral transport media.
- Collect 50-100 ml of urine in a sterile centrifuge tube or urine specimen container.
- Please arrange for measles testing at a public health laboratory.

Immunize them before they go

Two doses of MMR (measles, mumps, and rubella) are more than 99 percent effective in preventing measles. Un- or under-vaccinated Californians 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).

For more information about measles, please visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/measles/about/faqs.html>,

California Department of Public Health at <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx>

Or call the County of San Bernardino Department of Public Health Communicable Disease Section at 1-800-722-4794, Monday through Friday, from 8 a.m. to 5 p.m.