



DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



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## Public Health Advisory

January 29, 2015

To All Marin County Clinicians:

### Two Confirmed Measles Cases in Marin County

The purpose of this advisory is to inform you that on January 28, 2015, two cases of measles were confirmed in Marin County, both of whom were unvaccinated.

As of January 28<sup>th</sup>, there were 79 confirmed cases of measles in California in twelve counties. The Public Health Officer issued the attached letter to families, outlining the expectation that unvaccinated children will be excluded from school for 21 days if there is a case on campus.

Measles is very infectious and airborne transmission can occur in crowded settings. Transmission during previous outbreaks has occurred in the following settings: household, health care setting, hospital, church, airplane, and school.

Clinicians should consider measles in patients with a fever and rash, especially with a history of travel or presence in venues with international travelers or measles cases.

Your expert eye, diagnostic skills, and prompt reporting of suspect measles patients to public health can make a difference in stopping the spread of this highly contagious disease in your community.

Providers should be advised regarding the need to triage patients with rash-like illness either into separate exam rooms or arrange for patients to be seen outside of the office, e.g. in their cars. Patients calling for appointments due to rash-like illness should be instructed to call upon arrival from outside the office and immediately be escorted into a private room away from the general waiting room area. (See the [CDPH Measles Advisory with Isolation Guidelines.](#))

Please also review the immunization status of all staff as well as patients.

**ACTIONS REQUESTED OF CLINICIANS:**

1. **SUSPECT** measles in a patient with fever and rash. Ask about measles immunization history, international travel, exposure to international travelers (including theme parks or other international tourist attractions), or other known exposure to measles cases in the 3 weeks prior to illness; **consider the diagnosis regardless of travel history.**
  
2. **IMPLEMENT AIRBORNE PRECAUTIONS** immediately for suspected cases. **Mask** and **isolate** patient in an airborne infection isolation room if possible. Do not use a regular exam room for at least one hour after a suspected measles patient has left the room. **Notify your facility's Infection Control Professional immediately.**
  
3. **REPORT** suspect measles cases immediately to Marin County Public Health by phone at (415) 473-7805; after hours, call (415) 472-0911 to speak to the Public Health On-Call Duty Officer. **CALL, DO NOT FAX.**
  
4. **TEST** suspected cases. Collect a throat or NP swab, urine, and blood and **HOLD** for testing by the Public Health Laboratory (PHL). Call Marin County Public Health for approval and coordination of measles testing. **For details on specimen collection see:** [CDPH Measles Lab Testing April 2014](#)
  
5. **ADVISE** patients with suspected measles to stay home with no visitors until at least 4 days after rash onset and/or until cleared by Marin County Public Health to resume usual activities.
  
6. **VACCINATE** adult patients born after 1956 who have not received 2 documented doses of MMR, unless contraindicated.
  
7. **CONFIRM STAFF IMMUNITY** now to avoid lost work and staff time. Health care providers who are exposed to a measles case may not go to work until they provide Marin County Public Health with written documentation that they have received at least two doses of MMR or a serologic test showing measles immunity.

## Measles

- Quicksheet: [http://www.cdph.ca.gov/HealthInfo/discond/Documents/CDPH\\_MeaslesInvestigationQuicksheet\\_Feb2015.pdf](http://www.cdph.ca.gov/HealthInfo/discond/Documents/CDPH_MeaslesInvestigationQuicksheet_Feb2015.pdf)

## Measles Laboratory Testing

- Guidelines: <http://www.cdph.ca.gov/HealthInfo/discond/Documents/CDPHMeaslesLabTesting2011-01.pdf>
- Measles Vaccination Recommendation Schedule  
Children: <http://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent-shell.html>
- Measles Vaccination Recommendations  
Adults: <http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule.pdf>
- Please see the attached quick guide for measles response, and refer to our [Marin County Public Health Update](#) of January 23, 2015, for more detailed guidance.
- Additional information may also be found at the [CDPH Measles Website](#).



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January 27, 2015

Dear Parents/Guardians,

I would like to take this opportunity to provide an update on the current measles outbreak in California, to encourage that all unvaccinated children receive the measles vaccine as soon as possible, and to outline the expectations should there be a case of measles in a Marin school.

There have been 68 confirmed cases of measles in California in 2015, many of which have been linked to Disneyland or Disney California Adventure Park in Anaheim. Marin County currently has no reported cases. Several other Bay Area counties, however, have reported cases in this outbreak.

Measles is a very contagious airborne illness and is highly preventable through vaccination. The virus is spread by sharing the same area with an infected person, especially if that person coughs or sneezes. Individuals are usually contagious starting 4 days before they develop symptoms, and may unknowingly make others ill.

Measles usually starts with a high fever, runny nose, red and irritated eyes, and a rash. The rash is red and bumpy, starts on the face and moves down the rest of the body. Some people may suffer complications such as pneumonia or swelling of the brain and may require hospitalization.

The best way to prevent measles is to receive the MMR (measles, mumps, rubella) vaccine. Children routinely get their first dose of the MMR vaccine at 12-15 months of age, and the second dose before beginning kindergarten. This combination is more than 99% effective in preventing measles.

If your child is unvaccinated or cannot provide laboratory confirmation of immunity and there is a case in their school, they will be excluded from attending school for 21 days to protect themselves and to limit further spread of disease.

It takes two weeks to develop immunity after receiving a measles vaccine. Unvaccinated or under vaccinated children should be vaccinated as soon as possible so they will have protection and to prevent future absences from school.

As Public Health Officer, I would like to thank you for doing your part to keep our Marin families healthy.

Sincerely,

  
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Marin County Public Health Officer



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