

# Memorandum

To: Gold Coast Health Plan Providers

From: C. Albert Reeves, MD, Chief Medical Officer

Re: **Important Information Regarding Measles Outbreak**

Date: February 9, 2015

Gold Coast Health Plan (GCHP) encourages all providers to review this important information about the current measles outbreak from the California Department of Public Health.

A measles outbreak originating in Disneyland has now spread to over 100 people throughout California and 14 other states. Measles can lead to otitis, pneumonia, encephalitis, and rarely, permanent disability or death.

A patient with measles is highly contagious and could quickly infect your waiting and exam rooms. Make sure your staff isolates patients who might have measles.

The California Department of Public Health, Immunization Branch is grateful for your continued efforts in ensuring California's children are protected against vaccine preventable diseases, including measles.

Please refer to the following information and resources to keep your patients safe and help stop the spread of measles.

## **Ensure Children and Adults are Fully Vaccinated**

- Administer MMR on schedule to children.
  - Educate parents about the dangers of measles and the benefits of timely MMR vaccinations.
  - Ensure that you have an adequate supply of MMR vaccine.
- Ensure that your staff have
  - documentation of two doses of MMR or measles IgG positivity;
  - documentation of immunity to mumps, rubella and varicella;
  - received a Tdap vaccine and an annual flu shot.
- Catch-up vulnerable adults - MMR recommendations [are based on age and risk](#).

## **Recognize Measles**

- Fever spikes, often as high as 104° to 105° F.
- Cough, coryza, conjunctivitis.
- Koplik's spots (tiny blue/white spots on the bright red background of the buccal mucosa) may be detected earlier in illness.
- Descending rash that starts on face/head.

- If there is no rash on face/head/neck or if rash starts on trunk, then measles is unlikely.

### **Suspect Measles in patients with fever, rash, and who have been in the last 3 weeks**

- In contact with a person with measles or febrile rash illness
- In locations or communities with cases of measles
- Outside of the U.S. or in contact with international visitors
- Visited sites popular with international visitors (tourist attractions, airports, etc.)

### **If You Suspect Measles**

- Immediately use airborne infection control precautions. Mask and isolate the patient, in a negative pressure room whenever possible.
- Permit only staff immune to measles to be near patient.
  - Staff should use N95 respirators, if available.
- Notify your local health department immediately.
  - Arrange for expedited PCR testing at a public health lab.
- Protect others: Ensure airborne infection control precautions during medical transport and at receiving facilities.
- Do not use exam room for at least 1 hour after suspect case has left.

### **Resources for You and Your Patients**

#### **Patient Informing Materials:**

- [MMR Vaccine recommendations for all ages from the CDC](#)
- [Alert: Measles is very contagious and is spreading in our community](#)
  - Post in your waiting rooms to assist patients in recognizing measles symptoms and to encourage vaccination.
- [Put Measles on the Spot poster](#)
- [Measles: Questions and Answers fact sheet](#) about the disease and vaccines
- [Vaccination Information Statement \(VIS\), Measles-Mumps, Rubella \(MMR\) vaccine](#)

#### **For the latest guidance:**

- [Measles Alert flyer](#) with symptoms and infection control
- [Measles Quick sheet](#)
- [Infection Control for Suspected Measles](#)
- [IG prophylaxis for prevention of measles](#)