MEASLES

Measles is a highly contagious airborne viral illness that is widespread in many regions of the world, including Europe, Asia, and Africa. Outbreaks can occur in places where people may be unvaccinated or under-vaccinated, including the U.S. Due to the COVID-19 pandemic, an estimated 61 million doses of measles-containing vaccines were postponed or missed. In 2022 there were 121 cases of measles in the US. As of April 28, 2023, 10 measles cases have been reported in the US.

In the past 5 years, there were nearly 1,800 cases of measles in the U.S. Most of these cases were in unvaccinated people after measles was brought in from international travel.

MMR vaccine protects against measles, mumps, and rubella.

MMR vaccine can be given early if international travel is planned, even for babies as young as 6 months old.

Visit https://www.cdc.gov/measles/vaccination.html to learn more about MMR vaccine.

MEASLES CAN PRESENT ATYPICALLY

- In immunocompromised individuals or people who received formalin-inactivated measles vaccine between 1963–1967.
- Symptoms include fever, hypersensitivity polyserositis, nodular pulmonary infiltrates, and pleural effusion.
- Rash differs in distribution and appearance—starting with the hands and feet with maculopapular, petechial, urticarial, purpuric, or vesicular components.

CONSIDER MEASLES

In patients presenting with febrile rash illness, even if not in the centrifugal distribution (head to trunk), and clinically compatible measles symptoms (cough, coryza, and conjunctivitis).

Ask patients about recent travel internationally or to domestic venues frequented by international travelers, as well as a history of measles in the community.

www.cdc.gov/measles/hcp/index.html

THINGS TO KEEP IN MIND:

- Ensure all patients are up to date on measles, mumps, and rubella (MMR) and other recommended vaccines, especially before travel.
- If measles is suspected, patients should be immediately isolated in an airborne infection isolation room (AIIR) and healthcare personnel should take airborne precautions with appropriate personal protective equipment (PPE).
- Report suspected measles cases immediately, while the patient is still in your office.

RESOURCES

CDPH Measles: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/immunization/measles.aspx


ACPHD Acute Communicable Disease:
- Phone: (510) 267-3250
- After hours: (925) 422-7595; ask for the Public Health On-call Duty Officer

References:
1. CDC Global Measles Outbreaks: https://www.cdc.gov/globalhealth/measles/data/globaleases-outbreaks.html
2. CDC Measles Cases and Outbreaks: https://www.cdc.gov/measles/cases-outbreaks.html