



Riverside County
Public Health

Disease Control Branch
Phone: (951) 358-5107
Fax: (951) 358-5102

Susan D. Harrington, M.S., R.D., Director

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Measles Health Advisory For Schools and Child Care Centers February 6, 2015

Situation Update

Measles activity is being seen in several jurisdictions in California. As of February 4, 2015; 99 confirmed cases of measles in patients from 12 different jurisdictions have been reported to the California Department of Public Health. Five of the cases are Riverside County residents.

Action if Measles is Suspected

- Child presents at school or child care setting with fever and rash
 - Immediately place the student in a room with the door closed
 - Do not allow the student to sit in a common area
 - Call parent to pick up the child as soon as possible
 - Notify Disease Control at 951-358-5107
- Staff report fever and rash
 - If at school or child care setting – send home
 - If at home – instruct staff not to come to work
 - Notify Disease Control at 951-358-5107
- Parent calls school or child care setting indicating their child has been diagnosed with measles
 - Notify Disease Control at 951-358-5107
 - Do not allow the child to return to school or child care setting until he/she is cleared by Disease Control.

Follow-up for Confirmed or Suspect Case of Measles

- The school or child care setting must be able to provide a line listing of students without documentation of two MMR vaccinations given on or after the first birthday.

- A list of potentially exposed teachers and other staff must be provided to Disease Control. These individuals will be asked to complete a measles questionnaire. The completed questionnaire should be faxed to Disease Control at 951-358-5102.
- Directions will be provided by Disease Control. Visit: www.rivco-diseasecontrol.org for Measles Outbreak Guidelines.
- Exclusion of students and staff (who do not have documentation of two MMRs or proof of immunity) will be determined by Disease Control in consultation with the Public Health Officer.
- The authority for exclusion is from the California Health and Safety Code, Chapter 2, Section 1201301.
- The surveillance period is for 21 days during which the individual(s) will be placed on home quarantine.

Availability of Vaccinations

- Individuals needing vaccinations should contact their health care provider.
- Individuals without a health care provider should call 1-800-720-9553 for the nearest County Family Care Center.

Notification of Parent/Staff Regarding Measles

- If there is a confirmed or suspect measles case in a school or child care setting, a notification advising the parents of the situation and what action to take if their child develops signs and symptoms suggestive of measles should be distributed.
- The school districts and child care settings may elect to distribute a general notification about measles. It is important that the wording clearly state, that there are no current cases in the school district/child care settings.
- The Measles Frequently Asked Questions (English and Spanish) are posted at www.rivco-diseasecontrol.org.

Please contact Disease Control at 951-358-5107 if additional information is needed.



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Measles Frequently Asked Questions

1. What is measles?

Measles is a very contagious disease caused by a virus (germ). The virus lives in the nose and throat.

2. How does measles spread?

The virus spreads easily through the air when a sick person coughs or sneezes. The virus can also stay in the air for up to two hours. You can be infected by being in a room that was used by a person with measles within the last two hours.

Measles can also be spread if you have direct contact with the nasal or throat secretions from an infected person. Most people who have never been vaccinated against or sick with the measles will get it if they have contact with the virus. A person with measles can spread the disease to others even before they have any symptoms.

3. What are the symptoms of measles?

Measles can cause these signs of disease:

- High fever (over 101°F)
- Cough
- Runny nose
- Red watery eyes
- A rash that starts on the face and spreads to the rest of the body

Measles can cause complications, such as ear infections and diarrhea. It can also cause serious illness, such as pneumonia, encephalitis (swelling around the brain), and even death. Some people are more likely to have these serious health problems:

- Pregnant women
- Children under five years
- Adults over 20 years
- People with weak immune systems, such as patients with leukemia or HIV

4. How is measles treated?

There is no cure for measles. Treatment focuses on relieving symptoms and managing the serious health problems that can happen.

5. What can I do to prevent measles?

Getting vaccinated is the best way to keep from getting and spreading the measles. People should get the measles-mumps-rubella (MMR) vaccine if they haven't been vaccinated or don't know if they got the MMR vaccine before. Children should be vaccinated at 12-15 months of age and 4-6 years of age. Teens and adults born after 1956 who haven't been vaccinated should get their MMR vaccine.

6. Where can I go to get vaccinated?

Call your doctor to get an MMR vaccine, which may be covered by your insurance. You may also be able to get vaccinated at a pharmacy or at a clinic offering no or low-cost vaccinations. Visit <http://www.rivco-familycarecenters.org/> to find a nearby clinic.

7. What should I do if I think I may have measles?

If you think that you or someone in your family has been exposed to or has measles, contact your doctor's office right away. Tell them that you might have measles before you go, so they can take steps to prevent other patients and staff from being exposed.

8. What is the Department of Public Health doing to prevent measles?

The County of Riverside Department of Public Health works to stop people from getting and spreading disease by:

- Investigating all measles cases in the county.
- Identifying people who may have had contact with someone with measles.
- Educating healthcare providers regarding measles symptoms, diagnosis, and reporting.
- Taking safety measures, like giving the MMR vaccine or restricting participation in school or work, for unvaccinated people who may have come in contact with measles.
- Reporting cases to the California Department of Public Health so they can see the impact measles is having across the state.

For information on current cases visit:

- <http://www.cdc.gov/measles/>
- <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx>

Adapted from Los Angeles County Department of Public Health



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Preguntas Frecuentes Sobre el Sarampión

1. ¿Qué es el sarampión?

El sarampión es una enfermedad muy contagiosa causada por un virus (germen). Este virus vive en la nariz y la garganta.

2. ¿Cómo se propaga el sarampión?

El virus se transmite fácilmente a través del aire cuando una persona infectada tose o estornuda. El virus también puede vivir en el aire por dos horas. Usted puede infectarse al estar en una habitación donde una persona infectada estuvo durante las últimas dos horas. El sarampión también puede ser transmitido si usted tiene contacto directo con las secreciones nasales o de la garganta de una persona infectada.

La mayoría de las personas que nunca han sido vacunados contra la enfermedad o no se han enfermado con el sarampión pueden contagiarse si tienen contacto con el virus. Una persona con sarampión puede transmitir la enfermedad a otras personas incluso antes de que tengan algún síntoma.

3. ¿Cuáles son los síntomas del sarampión?

El sarampión puede causar estos síntomas de la enfermedad:

- Fiebre alta (más de 101°F)
- Tos
- Secreción nasal
- Ojos enrojecidos y llorosos
- Una erupción que comienza en la cara y se extiende al resto del cuerpo

El sarampión puede causar complicaciones, como infecciones de oído y diarrea. También puede causar enfermedades graves, como neumonía, encefalitis (inflamación del cerebro) e incluso la muerte. Algunas personas son más propensas a tener estos problemas de salud graves:

- Mujeres embarazadas
- Niños menores de 5 años
- Adultos mayores de 20 años
- Personas con sistemas inmunológicos débiles, como pacientes con leucemia o VIH

4. ¿Cómo se trata el sarampión?

No existe cura para el sarampión. El tratamiento se enfoca en aliviar los síntomas y en controlar los problemas de salud graves que pueden ocurrir.

5. ¿Qué se puede hacer para prevenir el sarampión?

Vacunarse es la mejor manera de evitar contraer y propagar el sarampión. Las personas deben recibir la vacuna contra el sarampión, paperas y rubéola (MMR por sus siglas en inglés) si no han sido vacunados o no saben si recibieron la vacuna antes. Los niños deben ser vacunados a los 12 a 15 meses de edad y de a los 4 a 6 años de edad. Adolescentes y adultos nacidos después de 1956 que no han sido vacunados deben recibir su vacuna de MMR.

6. ¿A dónde puede ir a vacunarse?

Llame a su médico para obtener una vacuna MMR, que puede estar cubierta por su seguro médico. También puede ser vacunado en una farmacia o en una clínica que ofrece vacunas sin o con bajo costo. Visite a <http://www.rivco-familycarecenters.org/> para encontrar una clínica cerca de usted.

7. ¿Qué debe hacer si cree tener sarampión?

Si usted piensa que usted o alguien en su familia ha estado expuesto a o tiene sarampión, póngase en contacto con la oficina de su médico de inmediato. Dígales que usted podría tener el sarampión antes de ir, para que puedan tomar medidas para evitar que otros pacientes y el personal de ser expuestos.

8. ¿Qué está haciendo el Departamento De Salud Pública para prevenir el sarampión?

El Departamento de Salud Pública del Condado de Riverside trabaja para impedir que las personas se contagien y propaguen la enfermedad a través de:

- Investigar todos los casos de sarampión en el condado
- Identificar a las personas que puedan haber tenido contacto con alguien que tiene sarampión
- Educar a los médicos acerca de los síntomas y diagnóstico del sarampión, y como reportar los casos
- Tomar medidas de seguridad, como dando la vacuna MMR o restringir la participación en la escuela o el trabajo, para personas no vacunadas que pueden haber tenido contacto con el sarampión
- Reportar los casos al Departamento de Salud Pública del Estado de California para que puedan ver el impacto que el sarampión está teniendo en todo el estado

Para obtener más información sobre los casos actuales visite:

- <http://www.cdc.gov/measles/>
- <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx>

Adaptado del Departamento De Salud Pública del Condado de Los Ángeles