

MEASLES

R U B E O L A

Measles is a highly contagious respiratory virus that causes febrile rash illness. Measles has been eliminated (no sustained circulation) in the United States for decades. However, there can still be measles cases, as **it is easily imported by unvaccinated travelers and can spread in under-immunized communities.**

• DISEASE COURSE

The incubation period is typically 11–12 days from exposure to measles virus until the first symptoms appear (prodromal symptoms). A rash follows the prodromal symptoms 2–4 days later and usually lasts 5–6 days. Measles is infectious 4 days before and 4 days after rash onset.

• SYMPTOMS

Prodromal: Fever, cough, coryza, or conjunctivitis. Koplik spots (tiny white spots inside the mouth) may also appear 2–3 days after symptoms first appear.

Rash: A maculopapular rash (rash of both flat and raised skin lesions) begins on the head and face and then spreads downward to the neck, trunk, arms, legs, and feet. The spots may become joined together as they spread from the head to the body.

Fever may spike to more than 104° F when rash appears.

• COMPLICATIONS

Most common complications: Diarrhea and otitis media.

Most severe complications: Pneumonia, encephalitis, and death. Patients may require hospitalization. Children younger than 5, adults older than 20, pregnant women, and immunocompromised persons are at most risk of serious complications.

• WHAT TO DO IF YOU HAVE A SUSPECTED CASE

1. Immediately mask and isolate the patient in a room with a closed door (negative pressure room if available). Follow standard and airborne precautions.
2. Only allow health care workers with presumptive evidence of measles immunity* to attend the patient; they must use N-95 masks.
3. Evaluate the patient and order measles confirmatory testing (collect a throat or nasopharyngeal swab for RT-PCR and serum for IgM measles testing).
4. Contact infection control if available at your facility.
5. Immediately report this suspected case to your local and/or state health department.

For questions regarding specimen collection, storage, and shipment, please visit <https://www.cdc.gov/measles/php/laboratories/>

• RESOURCES

Measles information for healthcare providers: <https://www.cdc.gov/measles/hcp/clinical-overview/>

Measles vaccine recommendations: <https://www.cdc.gov/measles/hcp/vaccine-considerations/>

Infection control guidelines for measles: <https://www.cdc.gov/infection-control/hcp/measles/>

Surveillance manual chapter on measles: <https://www.cdc.gov/vaccines/pubs/surv-manual/chpt07-measles.html>

Measles on the face



Measles on the trunk of body



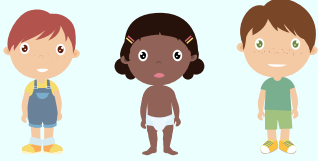
* Presumptive evidence of measles immunity for healthcare workers (one of the following): documentation of two doses of measles-containing vaccine, laboratory evidence of immunity (positive IgG), laboratory evidence of disease, or birth before 1957. # 1 0 E A A O O A A A E T A O E T C E A A I O E A A O A x T O E A O O A T O T A A E T O A S Y X O x E I A T I T t E A O A T O E A O A O E A A T A A T E E I I O T E O U O T I A A O I A O S Self-reported doses and a history of vaccination provided by a parent or other caregiver, or a clinical diagnosis of measles, should not be accepted.



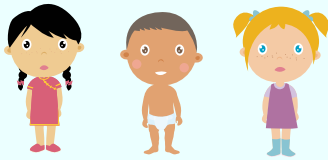
Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases

Measles

IT ISN'T
JUST A
LITTLE
RASH



Measles can be dangerous,
especially for babies and
young children.



MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3–5 days after symptoms begin



Measles Can Be Serious



About 1 out of 5
people who get
measles will be
hospitalized.



1 out of every 1,000 people
with measles will develop
brain swelling due to infection
(encephalitis), which may lead
to brain damage.



1 to 3 out of 1,000
people with measles
will die, even with
the best care.



You have the power to protect your child.

Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES



American Academy
of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA



Guidance for Measles Home Isolation

This guidance is for people who have, or might have, measles and need to isolate at home. Isolation means that you need to stay at home and away from those in your household who are not protected from measles (by prior vaccination or previously had measles) to prevent spreading disease to others. Measles is contagious four days prior to rash onset, on the day of rash onset, and four days after rash onset (a total of nine days counting the day the rash begins). You need to continue isolating for four days after your rash began, as directed by your local health department.

If you have questions, call _____ Hancock Public Health _____ at _____ 419-424-7441 _____.

During this isolation period:

- You could spread measles to others.
- You should remain in your home.
 - If you develop symptoms, such as signs of dehydration (urinating less than usual or unable to produce tears), or have any other medical needs, call your healthcare provider immediately. If you develop shortness of breath or trouble breathing, this could be a sign of a serious problem requiring urgent medical attention; call 9-1-1 and be sure to tell them that you have measles. Before arriving at any healthcare facility, call ahead and inform them you have measles. This will help the healthcare facility provide care to you while protecting other patients.
- Do not go anywhere, including work, school, daycare, or any public areas.
- Do not have visitors in your home.
- Separate yourself from others who may live in your home, to the greatest extent possible.
- Use a separate bathroom/toilet, if available.
- Do not share eating utensils, towels, bedding, or other items with people.
- Do not use taxis, ride shares, or public transportation.
- If you require food or medications, arrange for contactless delivery.
- Wash hands often with liquid soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid contact with other people; if able, wear a face mask when contact is unavoidable.
- Please note that even though you developed measles infection, it is worth having the measles, mumps, and rubella (MMR) vaccination once you have recovered, as this vaccine also protects against future infections with rubella and mumps.



Frequently Asked Questions (FAQ) About Measles Isolation

What is isolation?

Isolation is a way for people who have an infectious disease (such as the measles virus) to prevent spreading the disease to others by staying home and away from people.

Can anyone come into the house where I'm isolated?

No. Entering the home of someone who is isolating is highly discouraged. However, in cases requiring caregivers, such as a child or the elderly, some individuals may need to enter the household. These individuals should be protected against measles by vaccination or prior disease.

If I have measles, can I spread it to others in my household while I am in isolation?

Yes, measles is very contagious, and nine out of 10 people who are not protected by vaccination or prior disease will get measles if they are exposed. Therefore, you should limit contact with others in your household while you are isolating. If people in your household are not yet protected against measles, they should consider getting vaccinated.

Do I need to wear a mask when leaving the house?

You should not leave the house, except to receive medical care. If medical care is needed, call the healthcare facility before your visit if possible, and let them know you have measles. Calling ahead will help the healthcare facility provide care for you while protecting other patients.

Guidance for Measles Home Quarantine

If you have been exposed to someone with measles, and you are not protected by vaccination or prior disease, you may be asked to quarantine. Quarantine means that you stay at home and away from other people to avoid spreading measles, in case you are infected.

During quarantine you need to avoid contact with other people and limit movements that may put you in contact with others. You should follow guidance from Public Health for when the quarantine will end.

If you have questions, call _____ Hancock Public Health _____ at _____ 419-424-7441 _____.

How long?

For measles, quarantine is usually 21 days from your **last** contact with someone who could spread measles.

If you receive measles immune globulin (IG) within six (6) days of your **first** exposure to a case of measles, you will need to quarantine for 28 days.

If you receive measles, mumps, and rubella (MMR) vaccine within 72 hours of your **first** exposure to a case of measles, you may be able to leave quarantine.

Staying Away from Others

- You should remain in your home.
- Do not go anywhere, including to work, school, daycare, or any public areas.
- Do not have visitors in your home.
- Separate yourself from others who may live in your home, to the greatest extent possible.
- Use a separate bathroom/toilet, if available.
- Do not share eating utensils, towels, bedding, or other items with people.
- Do not use taxis, ride shares, or public transportation.
- If you require food or medications, arrange for contactless delivery.
- Wash hands often with liquid soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid contact with other people; if able, wear a face mask if contact is unavoidable.

Symptom Monitoring

- Use a thermometer to take your temperature twice a day, once in the morning and once at night.
- Record your temperature.
- Monitor yourself for symptoms such as:
 - Fever over 100.4 degrees.
 - Cough.
 - Congestion.
 - Pink Eye.
 - Rash.

If you develop symptoms, call your healthcare provider immediately. Before arriving at any healthcare facility, call ahead and inform them you have been exposed to measles and are experiencing symptoms. This will help the healthcare facility provide care to you while protecting other patients.

Vaccination provides the best protection against infection. Once quarantine is over, you should consider getting the measles, mumps, and rubella (MMR) vaccine to provide future protection against disease.

Frequently Asked Questions (FAQ) About Measles Quarantine

What is quarantine?

Quarantine is a way for people who have been exposed to an infectious disease (such as the measles virus), and may be infected, to prevent spreading the disease to others by staying home and away from people.

Can anyone come into the house where I'm quarantined?

No. Entering the home of someone who is quarantining is highly discouraged. However, in cases requiring caregivers such as a child or the elderly, some individuals may need to enter the household. These individuals should be protected against measles by vaccination or prior disease.

If I have been exposed to measles, can I spread it to others in my household while I am under quarantine?

Measles can spread before someone knows they are sick. Therefore, you should limit contact with those in your household. If people in your household are not yet protected against measles, they should consider getting vaccinated.

Do my household members need to be vaccinated?

Household members who are protected against measles from previous vaccination or prior disease do not need additional doses of vaccine. Household members who are not protected should consider getting vaccinated to provide protection against disease. If you become sick with measles, household members who are not protected would then need to quarantine.

How does measles spread?

The virus is released into the air when an infected person talks, coughs, or sneezes, then enters another person's body through the nose, mouth, or throat. People can also become sick if they come in direct contact with the mucus or saliva (spit) from an infected person. Measles virus can live for up to two hours on a surface or in the air where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the contaminated surface, then touch their eyes, noses, or mouths, they can become infected.

How can I avoid the spread of measles in my household?

You should wash your hands often with soap and water, especially after coughing, sneezing, blowing your nose, or handling materials such as tissues, diapers, and used masks. If there are other individuals living in the home who are not protected against measles, you may be able to reduce the risk that they become sick by staying in a designated room, avoiding contact where possible, and wearing a mask when you are in common spaces.



Do I need to wear a mask when leaving the house?

You should not leave the house, except to receive medical care. If medical care is needed, call the healthcare facility before your visit if possible, and let them know about your symptoms and exposure to measles. Calling ahead will help the healthcare facility provide care for you while protecting other patients.

What do I do if I get sick?

If you become sick with measles-like symptoms, including fever, rash, runny nose, cough, or “pink eye”, contact your healthcare provider and local health department. Even if the reason for your medical visit is not related to measles symptoms, it is important to call ahead before arriving at any healthcare facility and inform them you have been exposed to measles and what symptoms you are experiencing, so that they can take precautions to keep others from being exposed. You will also need to notify the local health department in the jurisdiction where you live. If the health department and medical team think that your symptoms could be measles, you will be asked to isolate away from other people for four days after the start of a rash.



Department of
Health

What to do: Measles Exclusion

If someone with measles was at a K-12 school while they were infectious, other students who do not have two measles vaccinations (or other appropriate documentation as outlined in the [Director's Journal Entry](#)) must be excluded from school. Exclusion means students cannot attend in-person school or any extracurricular school activities, clubs, or sports. Follow instructions from local public health contacts about when students can return to attending these activities. Questions may be directed to _____ Hancock Public Health _____ at _____ 419-424-7441 _____.

How long?

Students must be excluded for 21 days after the onset of the most recent case in the school. The exclusion period can be extended if additional cases are identified.

If a student was previously unvaccinated and receives a dose of measles vaccine within 72 hours of the **first** exposure, they may be readmitted to school. However, these students should monitor for signs and symptoms of measles (e.g., cough, congestion, red or itchy eyes, rash, or fever).

Students who previously received one dose of measles vaccine can return to school once they receive their second dose. Doses of measles vaccine must be separated by at least 28 days.

Symptom Monitoring

- Use a thermometer to check for fever twice a day, once in the morning and once at night and record the temperature.
- Monitor for symptoms such as:
 - o Fever over 100.4 degrees.
 - o Cough.
 - o Congestion.
 - o Conjunctivitis (red, painful, or itchy eyes).
 - o Rash.

If symptoms develop, call a healthcare provider immediately. Before arriving at any healthcare facility, call ahead and inform them that there was an exposure to measles and symptoms have developed. This will help the healthcare facility provide care while protecting other patients. If your local health department has been contacting you for daily symptom monitoring, be sure to also let them know that symptoms have developed.

Vaccination provides the best protection against infection. Once exclusion is over, consider getting the measles, mumps, and rubella (MMR) vaccine to provide future protection against these diseases.

Frequently Asked Questions (FAQ) About Measles Exclusion

What is exclusion?

Exclusion from school means not attending in-person school, extracurricular activities, clubs, or sports activities and events. Exclusion is necessary to prevent the spread of the measles virus within schools. School exclusion is described in Section 3313.671 of the Ohio Revised Code and [Director's Journal Entry \(DJE\)](#). Students should monitor for signs and symptoms of measles (e.g., cough, congestion, red or itchy eyes, rash, or fever) for 21 days after their last exposure.

If my child was exposed to measles, can they spread it to others in my household?

Measles can spread before someone knows they are sick. Therefore, you should limit contact among your household. If people in your household are not yet protected against measles, they should consider getting vaccinated.

Do my household members need to be vaccinated?

Household members who are protected against measles from previous vaccination or prior disease do not need additional doses of vaccine. Household members who are not protected should consider getting vaccinated to provide protection against disease. If your child becomes sick with measles, other household members who are not protected would then need to quarantine.

How does measles spread?

When an infected person talks, coughs or sneezes, the virus is released into the air and enters another person's body through the nose, mouth, or throat. People can also become sick if they come in direct contact with the mucus or saliva (spit) from an infected person. Measles virus can live for up to two hours on a surface or in the air where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the contaminated surface, then touch their eyes, noses, or mouths, they can become infected.

How can I avoid the spread of measles in my household?

Hands should be washed often with soap and water, especially after coughing, sneezing, blowing the nose, or handling items such as tissues, diapers, and used masks. If other individuals living in the home are not protected against measles, you may be able to reduce the risk that they become sick by having the household member who was exposed or is ill stay in a designated room, avoid contact where possible, and wear a mask in common spaces.

What do I do if my child get sick?

If your child becomes sick with measles-like symptoms, including fever, rash, runny nose, cough, or "pink eye", contact your healthcare provider. Even if the reason for your medical visit is not related to measles symptoms, it is important to call ahead before arriving at any healthcare facility and inform them there has been an exposure to measles and what symptoms are occurring, so that they can take precautions to keep others from being exposed. You will also need to notify the local health department in the jurisdiction where you live. If the health department and medical team think that symptoms could be measles, your child will need to isolate away from other people for four days after the day the rash started. The health department may also ask who your child has been in contact with, what public places they've visited, and where they may have traveled recently before their rash appeared.