



EL DORADO COUNTY  
HEALTH AND HUMAN SERVICES AGENCY *Public Health Division*

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Communicable Disease Unit

Date: January 29, 2019

To: All Providers, Primary Care Providers, ER Physicians and Urgent Care Clinics

Re: Measles Outbreak in Washington State

The purpose of this Advisory is to notify health care facilities about the current measles outbreak in Clark County, Washington, and to provide guidance to healthcare providers. Measles is a highly contagious airborne disease that is preventable through vaccinations.

Clark County, just north of Portland, Oregon, has declared a public health emergency over a measles outbreak as the number of cases among unvaccinated children increases. Thirty-five cases of measles in unvaccinated children have been confirmed since January 1, 2019.

### **Confirm and Encourage Patient Vaccination**

Healthcare providers should ensure that all of their patients are current on measles, mumps and rubella (MMR) vaccine.

**Vaccination is the most important strategy to prevent measles. Two doses of measles-containing (MMR) vaccine are more than 99 percent effective** in preventing measles. However, even patients with documented history of receipt of two doses of MMR vaccine or prior positive measles IgG test results occasionally develop measles. Therefore, measles should be included in the differential diagnosis for any symptomatic person with recent exposure to measles.

### **Consider “Measles”**

Healthcare providers treating patients with fever and a rash should consider measles, and ask patients about travel. **Fever, cough, coryza** (runny nose), **conjunctivitis** (pink eye), and **Koplik spots** that begin 2-4 days prior to rash onset.



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Rash (red, blotchy and maculopapular) follows, which first starts on the face, along the hairline and behind the ears, and then spreads downward to the rest of the body.

**For patient contacts**, post-exposure prophylaxis can be administered within 72 hours of exposure (MMR vaccine) or up to 6 days after exposure (immune globulin).

**Notify El Dorado County Public Health AND Isolate Patient**

If you suspect your patient to have measles, isolate the patient immediately. The risk of measles transmission to others and large contact investigations can be reduced if control measures are implemented immediately.

**Mask** suspect measles patient immediately.

**Isolate** patient in an airborne infection isolation room if available, or private room with the door closed if not.

Regardless of immune status, all healthcare personnel entering the patient room should **use respiratory protection** at least as effective as an N95 respirator. Keep a log of the staff and other patients who were in the area during the time the suspect measles patient was in the facility and for one hour after the suspect measles patient left. If a suspect measles patient calls prior to arrival, consider scheduling the appointment for the end of the day. Try to arrange for the patient to go directly upon arrival to an isolation room, bypassing the waiting room if possible.

**Please report confirmed and suspect measles infections to El Dorado County Public Health immediately.**

- Business Hours (8 am–5 pm): (530) 621-6320
- Afterhours/weekends: (800) 901-5789
- Communicable Disease Unit Fax: (530) 295-2589