



County of Sacramento

MEASLES HEALTH ALERT

March 22, 2019

Situational Update

Several states now have measles outbreaks related to unvaccinated international travelers, including California. Calaveras County just confirmed a measles case yesterday in a returning international traveler and is currently collaborating with other counties and the California Department of Public Health (CDPH) on this investigation. This patient was admitted to a hospital in Sacramento County but no exposures are currently suspected. Please continue to be vigilant about possible travel-associated cases and any person presenting with symptoms consistent with measles.

Actions Requested of Health Care Systems and Clinicians:

1. **Consider** measles in any person presenting with symptoms consistent with the disease, especially among persons who have recently traveled internationally. Measles typically begins with high fever, cough, coryza (runny nose), and conjunctivitis (red and water eyes) about three to five days prior to rash onset. The measles rash begins as flat red spots that appear on the face at the hairline and spreads downwards to the neck, trunk, arms, legs, and feet.
2. **Report** all patients with suspect measles **immediately** to Sacramento County Public Health (SCPH) via phone at (916) 875-5881 AND electronically via CalREDIE or confidential fax at (916) 854-9709.
3. **Collect** specimens (i.e. urine and nasal swab) for patients suspected to have measles. Coordinate measles testing with SCPH.
4. **Educate** patients about appropriate vaccines for international travel as recommended by the Center for Disease Control and Prevention (CDC) [Travelers' Health](#). Remind patients to plan ahead – many travel vaccines require multiple doses or take time to become fully effective.
5. **Encourage** patients 12 months or older to begin the two dose measles, mumps, and rubella (MMR) vaccine series following the CDC's recommended [immunization schedule](#).

For more information about measles, visit the Center for Disease Control and Prevention's website at <https://www.cdc.gov/measles/hcp/index.html>, CDPH's website at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>, or call SCPH at (916) 875-5881.

Sincerely,

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Public Health Officer