

Measles Health Alert May 23, 2025

Situational Update

The California Department of Public Health has been notified by the Sacramento Area Sewer District of two positive measles detections in the wastewater from samples received on 5/20/25 and 5/21/25, indicating a person (or persons) in the community may be shedding the virus. Please be vigilant about possible measles cases and follow the guidance below:

Known or Suspected Measles:

1. **Identify and immediately isolate** patients with known or suspected measles. Persons with signs or symptoms of measles should be isolated in a single-person exam room or airborne precaution isolation room, if available, as soon as possible. Ensure patient remains masked.
2. **Evaluate** persons for measles symptoms, vaccination status, and exposures. Screen by phone if possible.
 - a. Symptoms: Fever, cough, coryza (runny nose), and conjunctivitis (red, watery eyes). Koplik spots (tiny white spots) may appear inside the mouth 2-3 days later. Measles rash appears 3-5 days after the first symptoms, usually starting on the face (hairline) then spread down to the neck, trunk, arms, legs, and feet.
 - b. Vaccination: Review vaccine records.
 - c. Exposures: Consider persons who are unvaccinated or with unknown vaccination history who may have been exposed to a known or suspected case OR recent travel to an area with measles outbreaks.³
3. **Report** any known or suspect cases immediately by phone to SCPH at (916) 875-5881.
4. **Collect** samples using one of the methods below. Refrigerate specimens (2-8°C) until transport to lab. Specimens must be transported within 48 hours and may be frozen if delay beyond 72 hours expected. **Note: SCPH must be notified prior to sending specimens for testing. Otherwise testing may not be performed or may be delayed.**
 - a. Respiratory samples: throat, nasal, or nasopharyngeal, collected within 14 days of rash onset. Use Dacron tipped swabs with a non-wooden shaft. Place specimen in viral transport media (VTM).
 - b. Urine samples: use sterile collection cup and collect within 14 days of rash onset. Centrifuge samples at 2500 x g for 15 minutes at 2-8°C. Discard supernatant, resuspend cell sediment in 2-3mL of VTM.
5. **Adhere** to Standard and Airborne Precautions for patients with known or suspected measles.

Resources:

1. Measles (CDC): <https://www.cdc.gov/measles/index.html>
2. Measles (CDPH):
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>
3. Measles Vaccine Recommendations: <https://www.cdc.gov/measles/hcp/vaccine-considerations/index.html>

Sincerely,



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Public Health Officer