

Measles Health Alert

April 6, 2026

Situational Update

Sacramento County Public Health (SCPH) has recently confirmed two additional cases of measles for a total of five cases this year. Both recent cases had visited healthcare facilities, including a pediatric clinic, urgent care, and emergency departments. Both were seen multiple times prior to diagnosis. SCPH will be following up with possible exposures among Sacramento County residents. 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 placed in an airborne infection isolation room (AIIR) as soon as possible. If not available, place patient in a single-person room. Ensure patient remains masked unless contraindicated.
2. **Evaluate** persons for measles symptoms, exposures, and vaccination status. Screen by phone if possible.
 - a. *Symptoms*: Fever (100.4° F or 38° C), 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. *Exposures*: Inquire about exposures to a known or suspected case OR recent travel to an area with measles outbreaks.³
 - c. *Vaccination*: Review vaccine records. Consider measles even if vaccinated if symptoms and exposure history align.
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. SCPH must be notified prior to sending specimens for testing. Otherwise testing may not be performed or may be delayed.
 - a. *Respiratory samples*: Throat or nasopharyngeal swab collected within 14 days of rash onset. Use Dacron tipped swabs with a non-wooden shaft. Place specimen in viral transport media (VTM). Refrigerate specimens (2-8° C) until transported to lab. Specimens must be transported within 48 hours and may be frozen if delayed beyond 72 hours. Respiratory samples can be sent ahead of additional specimen collection to prevent delays in testing.
 - b. *Urine samples*: Use sterile collection cup and collect within 14 days of rash onset. Refrigerate specimens (2-8° C) until transported to lab. Specimens must be transported within 48 hours.
5. **Adhere** to Standard and Airborne Precautions for patients with known or suspected measles.

Resources:

1. Measles (CDPH): <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>
2. Measles Healthcare Exposure Investigation Quicksheet (CDPH):
<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/Immunization/Measles-HCFacilityCRecs.pdf>
3. Global Measles Outbreaks (CDC): <https://www.cdc.gov/global-measles-vaccination/data-research/global-measles-outbreaks/index.html>

Sincerely,



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