

Measles Health Alert

April 13, 2026

Situational Update

Sacramento County Public Health (SCPH) confirmed four additional cases of measles last week for a total of nine cases this year. All cases have been among children. Most have been seen at pediatric clinics, urgent care, and emergency departments. Some were household contacts to confirmed cases and some had exposures at gatherings, such as birthday parties.

As we anticipate additional cases to be identified in the community, especially among infants and children, SCPH is requesting healthcare providers and facilities to do the following:

- Develop a policy to encourage suspect measles patients to call and notify your facility ahead of time, screen by phone, and/or evaluate patients in their car or outside¹ whenever possible.
- Identify the unvaccinated pediatric population served by your facility to determine the doses of measles immunoglobulin needed to be kept on hand to provide to potential high-risk exposures (ex. infants, pregnant women, immunocompromised) for post-exposure prophylaxis (PEP). The measles, mumps, rubella (MMR) vaccine can also be used for PEP in patients six months of age and older.² Consider alternative settings other than emergency rooms for administering PEP.

Please continue to be vigilant about possible measles cases and follow the guidance below:

Known or Suspected Measles:

1. **Evaluate** persons for measles symptoms, exposures, and vaccination status. **Whenever possible, screen by phone or evaluate patients in their car or outside according to your policy.**
 - 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.^{3,4}
 - c. *Vaccination:* Review vaccine records. Consider measles even if vaccinated if symptoms and exposure history align.
2. **Immediately mask* and isolate** patients with known or suspected measles in an airborne infection isolation room (AIIR) as soon as possible if unable to screen by phone or evaluate in car or outside. If not available, place patient in a single-person room. **unless contraindicated*
3. **Report** any known or suspect cases immediately by phone to SCPH at (916) 875-5881.

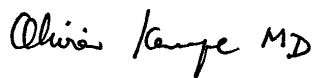
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4. **Collect** samples using one of the methods below. **Only collect samples for patients with compatible clinical presentation: fever; at least cough, congestion, or coryza; and rash.** SCPH must be notified prior to sending specimens for testing. 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 Healthcare Exposure Investigation Quicksheet (CDPH): <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/Immunization/Measles-HCFacility/CRECS.pdf>
2. Measles Investigation Quicksheet: <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/Immunization/Measles-Quicksheet.pdf>
3. Measles Cases and Outbreaks (CDC): <https://www.cdc.gov/measles/data-research/index.html>
4. Global Measles Outbreaks (CDC): <https://www.cdc.gov/global-measles-vaccination/data-research/global-measles-outbreaks/index.html>

Sincerely,



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Public Health Officer