

Measles Health Alert March 4, 2026

Situational Update

Sacramento County Public Health (SCPH) has confirmed two cases of measles this year. The first is in a child who contracted the disease in January while traveling to South Carolina, where there is currently a large ongoing outbreak. The exposure in the second child is currently unknown, however that child visited the Kaiser Roseville emergency department on March 2nd. 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 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, 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. 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 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). 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. 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 (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-HCFacilityICRecs.pdf>
3. Global Measles Outbreaks (CDC): <https://www.cdc.gov/global-measles-vaccination/data-research/global-measles-outbreaks/index.html>

Sincerely,



Olivia Kasirye, MD, MS
Public Health Officer