Measles Protocol

Students Missing Measles immunizations

For the safety of our students and staff, students who have been exposed to measles that are unvaccinated will be excluded from school for a minimum of 21 days (may be longer)

Healthcare, school and childcare restrictions

Since measles is highly contagious, there are strict laws in Idaho excluding those diagnosed with measles from working in healthcare, working in a school or childcare facility or from ATTENDING SCHOOL or childcare while infectious. UNVACCINATED INDIVIDUALS WHO ARE EXPOSED TO MEASLES WILL BE EXCLUDED FROM SCHOOL FOR 21 DAYS AFTER THE RASH APPEARS IN THE LAST CASE (known to the school) or UNTIL ADEQUATE IMMUNIZATION HAS BEEN OBTAINED. If you get a vaccine within 72 hours of being exposed to measles, you will be allowed to return to school upon proof of vaccination.

What is measles?

Measles is a highly contagious viral illness found only in humans. Measles is so contagious that if one person has it, 9 out of 10 people who are around that person AND who are not immune will get sick.

What are the signs and symptoms?

- High fever, cough, runny nose, and red watery eyes
- 2-3 days after symptoms begin, tiny bluish-white spots (called Koplik spots) appear inside the mouth
- 3-5 days after symptoms begin, a rash breaks out. It begins as flat red spots on the face, near the hairline and spread downward to the neck, trunk, arms, legs and feet. Small raised bumps may also appear on top of the flat red spots. The spots may become joined together as they spread from the head to the rest of the body; When the rash appears, a person’s fever may spike to more than 104 F
- All signs and symptoms usually resolve in 1-2 weeks.

How is measles spread?

Measles is easily spread person-to-person through the air anytime someone coughs or sneezes.
The virus can live for up to two hours on a surface or in the air. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses or mouths, they can get the measles. This means if one child is contagious while at school for any length of time, they have potentially “exposed” the whole school because it can go through air ducts and linger in the air for up to two hours.

**How long does it take to get sick after becoming infected?**

Symptoms of measles begin 7-21 days after you are infected, but usually appear in 14 days.

**How long are you contagious?**

Infected people can spread measles to others from 4 days BEFORE to 4 days AFTER the rash appears. It is important that you STAY HOME and avoid others during this time. Do not send your student back to school until all symptoms have subsided.

**What is the treatment?**

There is no medication to treat measles. The best care is to stay home, rest, drink lots of fluids, wash your hands, cover your cough and sneezes. Your doctor may recommend additional medications to help manage your symptoms.

*Condensed from “Measles fact sheet” from Southwest District Health*