

## Measles Information for Our Community Partners

May 2, 2019

**Measles infection has been confirmed in one Orange County (OC) resident. That person acquired infection while traveling internationally; there is no current outbreak in the county.** However, since an increase in measles cases is being reported in other parts of California and the United States, all OC residents should be aware of how to protect themselves and prevent ongoing cases of measles in our County.

**For more information about the current measles situation and locations of potential public exposures please see <http://ohealthinfo.com/measles> or call the HCA Health Referral Line at (800) 564-8448.**

### What is measles?

The measles virus causes a flu-like illness along with a rash. It is spread through the air when an infected person coughs or sneezes. It begins with fever, cough, runny nose, and conjunctivitis (red eyes) about 8-12 days after exposure. A red rash appears a few days later that starts on the face, then spreads down to the rest of the body. Although most people recover from measles, approximately 20% of cases experience one or more complications such as ear infection, pneumonia, and less commonly encephalitis (inflammation of the brain), hearing loss, seizures, and death. Pregnant women, infants and immunocompromised people are particularly at risk if exposed to measles.

### How do I know if I am protected (immune) against measles?

You are considered protected against measles if you have written records showing at least **ONE** of the following:

- Two doses of measles-containing vaccine if you are a school-aged child (K-12) or an adult in a \*high risk setting for measles transmission
  - One dose of measles-containing vaccine if you are a pre-school aged child or an adult who will NOT be in a \*high risk setting for measles transmission
- \*High risk settings/groups include:**
- Students at post-high school educational institutions
  - Healthcare personnel
  - International travelers
- Laboratory test confirmation of measles infection at some point in your life
  - Laboratory test confirmation of immunity to measles
  - Birth before 1957 (*additional evidence of immunity may be needed in some situations*)

### How do I protect myself against measles?

There is a safe and effective vaccine (MMR; measles, mumps, rubella) available to protect against measles. If you are not considered immune to measles based on the information above, vaccination with MMR is recommended. All children should be vaccinated routinely, with the first dose starting at 12-15 months. Specific recommendations are available at <http://www.cdc.gov/vaccines/vpd-vac/measles/default.htm>.

### What do I do if I've been exposed to measles?

If you have been vaccinated, you are very unlikely to develop illness after exposure. If you develop fever, runny nose, cough, red eyes, or rash, stay home and call your healthcare provider to discuss your symptoms. If you need medical attention, inform your health care provider of your possible measles exposure and symptoms over the phone so appropriate precautions can be taken when you are seen.