



Public Health Division

County of Santa Cruz

HEALTH SERVICES AGENCY

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PUBLIC HEALTH ADVISORY

To:	All Healthcare Providers in Santa Cruz County
From:	Lisa B. Hernandez, MD, MPH, Health Officer
Subject:	Measles Cases in California
Date:	January 28, 2015

CURRENT SITUATION

Seventy-three (73) cases of measles have been confirmed among California residents since late December 2014. Fifty (50) of these cases have been linked to Disneyland or Disney California Adventure Park. Cases have been reported in Alameda, Los Angeles, Orange, Riverside, San Bernardino, San Diego, Santa Clara, San Mateo, and Ventura Counties. There have been no confirmed cases of measles in Santa Cruz County in 2015. Due to the extent of this outbreak, it is possible we will see cases here.

RECOMMENDATIONS

- 1. Encourage your patients to get vaccinated.**
 - **Children** should get 2 doses of MMR vaccine: the first at 12-15 months of age and the second at 4-6 years of age. One dose is recommended prior to international travel for unvaccinated children ages 6 to 11 months.
 - **Some adults** should also get MMR vaccine. Generally, anyone 18 years of age or older who was born after 1956 should get at least one dose of MMR vaccine unless they had the diseases. Two doses are recommended for healthcare workers, students, educators, and international travelers.
- 2. Keep an eye out for measles symptoms.**
 - Measles starts with onset of a mild fever accompanied by cough, coryza, and conjunctivitis.
 - Two to three days later the fever spikes, often as high as 104-105°F. A rash appears 3-5 days after onset of symptoms, usually first on the face, along the hairline, and behind the ears. This slightly itchy rash rapidly spreads downward.
 - A distinguishing symptom is Koplik's spots, tiny bluish-gray specks within a reddened base on the mucous membranes of the mouth.
 - Patients who received a killed virus vaccine between 1963-67, may present with atypical illness, as they have only partial immunity.
- 3. Act immediately if you suspect measles.**
 - Implement airborne infection control precautions immediately. Mask and isolate the patient.

- **Call the Santa Cruz County Health Department immediately at (831) 454-4114.**
- Only allow medical personnel who are immune to measles to be near the patient.
- Do not use any regular exam room for 2 hours after a suspected measles patient has left the room.
- **Expedite measles testing through the Santa Cruz County Public Health Laboratory** (831-454-4114). Use of commercial labs may delay diagnosis and expose others needlessly.

ADDITIONAL INFORMATION

- Contact the Communicable Disease Unit at 831-454-4114
- For the Measles Quicksheet, go to:
http://www.cdph.ca.gov/programs/immunize/Documents/CDPH%20Measles%20Investigation%20Quicksheet_Aug%202013.pdf
- Download resources from the California Department of Public Health website:
<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx>
- Visit the Centers for Disease Control and Prevention's website:
<http://www.cdc.gov/measles/>
- For a measles office poster for patients: <http://eziz.org/assets/docs/IMM-1050.pdf>
- For a measles poster for providers: <http://eziz.org/assets/docs/IMM-908.pdf>

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action.

