

Measles Alert

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There have been 12 confirmed cases of measles in Washington State over the last few weeks ranging from Whatcom County, San Juan County and Kitsap County. Certainly in those counties this would be characterized as an outbreak, but in Kitsap we have only one case that is from a direct exposure in San Juan County. We are not calling this an outbreak at this time. In Kitsap County, 83% of all 2 year olds currently have at least one dose of MMR and 91% of Kindergartners are complete for measles vaccination for the current school year (2013-14). While relatively uncommon, it can be a dangerous disease in children and immune compromised persons. We are alerting you about the most recent Kitsap County resident that was confirmed yesterday. In addition to this alert we will post several references on our website at <http://www.kitsappublichealth.org>. The references will include a link to the measles outbreak in Washington State, an educational handout for patients, an MMWR article on measles, and finally a measles overview and guidelines for healthcare professionals.

- Page 1: epidemiology and clinical guidance
 - Page 2: vaccine recommendations, exclusions from work/school, evidence of Immunity
 - Page 3: exposure locations
1. **A Kitsap County adult has been diagnosed with a confirmed case of measles.** The dates this person was contagious are April 4, 2014 through April 13, 2014.
 2. **Consider measles in patients who may have been exposed** (exposure sites listed on page 3) and with compatible symptoms, including:
 - Prodrome of fever, cough, coryza and conjunctivitis for 2-4 days.
 - Generalized maculopapular rash that usually begins on the face.
 - Koplik spots may appear on buccal mucosa 1-2 days prior to rash.
 - The time from exposure to onset of fever ranges from 7–18 days (average 10 days), with the rash onset usually occurring within 2–4 days after the first symptoms appear and up to 21 days after the exposure.
For this exposure, symptoms could occur appear up through April 30.
- Report suspected cases of measles to Kitsap Public Health (360 337-5235) **upon suspicion and before** discharging or transferring patient.*
3. **Collect ALL specimens on ALL patients with suspected measles and route the specimens through Kitsap Public Health to expedite testing.**
 - Serum: Collect at least 1 cc of serum (red serum separator tube), **AND**
 - Nasopharyngeal swab: Swab the posterior nasal passage with a Dacron™ or rayon swab and place the swab in 2–3 ml of viral transport medium, **AND**
 - Urine: Collect at least 50 ml of clean voided urine in a sterile container.
 4. Instruct reception staff to promptly identify patients who present with symptoms of possible measles.
 - Such patients should wear a mask covering the nose and mouth and should be kept away from patient waiting rooms.
 - Room the patient immediately and close the door.
 - Only staff with documented immunity to measles should be allowed to enter patient's room. This is a good time to review the immunization status of your staff and yourself.
 - After patient is discharged, do not use room for 2 hours.

Vaccination Recommendations:

As we have a single case at this time, we are not recommending early vaccination of children (6mo), or any additional outbreak recommendations. This will be different for counties with a higher number of cases. If you have a concern that an infant had a high-risk exposure and is between 6months and 12months, feel free to call and discuss the case with me. If our situation changes, I will alert you to any new recommendations.

- Persons born before January 1, 1957 are considered immune to measles because of likely exposure to natural disease prior to widespread vaccination programs.
- Persons older than 12 months of age AND who have not received a prior dose of MMR vaccine, should be vaccinated now.
- Evaluate all healthcare workers. Healthcare workers should receive two doses of vaccine without regard to date of birth (if they do not have a titer to prove immunity).

Exclusions from Work/School:

Persons considered exposed to measles include:

- Anyone having direct contact with the measles case;
- Anyone who shared indoor air space, even for a few minutes;
- Anyone who entered a room within two hours after the measles case left.

Persons identified as exposed above will be excluded from work or school for 21 days UNLESS they can provide evidence of immunity.

Evidence of Immunity

1. Born before January 1st, 1957, **OR**
2. Provided a positive IgG titer indicating immunity to measles, **OR**
3. Provide written documentation of adequate vaccination to measles that includes the date of administration (self-reported doses or parental history of vaccination alone are not acceptable).
 - Preschool children: one MMR given after 12 months of age.
 - K–12 and adults at high risk (i.e., post-high school educational and college students, healthcare personnel, and international travelers): 2 doses of MMR, with the first dose given on or after the first birthday and with a minimum of 28 days between the first and the second dose.
 - All other adults born during or after 1957: history of having received at least one dose of live measles virus vaccine on or after the first birthday.

NOTE: Persons who were vaccinated with an inactivated vaccine that was available from 1963-1967, and have not been re-vaccinated, may however be at risk for measles

Persons meeting any of the criteria for evidence of immunity can remain at school or work.

Exposure Locations - Itinerary of possible measles exposures for the Kitsap County case are April 4 – April 9, 2014.

NOTE: the time frames include the two hours of potential exposures after the person with measles left each place.

- April 4: 6:00am-8:20am **(WSF)** Washington State Ferry passenger walk-on terminal, Bainbridge Island
 6:20am sailing **(WSF)** Washington State Ferry “Tacoma,” Bainbridge Island to Seattle – passenger area
 6:45am-9:15am **(WSF)** Washington State Ferry passenger terminal, Seattle
 7:05am sailing **(WSF)** Washington State Ferry “Tacoma,” Seattle to Bainbridge Island - passenger area
 7:55am sailing **(WSF)** Washington State Ferry “Tacoma,” Bainbridge Island to Seattle - passenger area
 8:45am sailing **(WSF)** Washington State Ferry “Tacoma,” Seattle to Bainbridge Island - passenger area
- April 7: 10:30am-12:30pm **(KitC)** Meridian Apartments public areas, Bainbridge Island (360 Knetchtel Way)
- April 9: 9:00am-12:00pm **(KitC)** Meridian Apartments public areas, Bainbridge Island (360 Knetchtel Way)
 10:30am-4:00pm **(KitC)** Virginia Mason Bainbridge Island Medical Center, Bainbridge Island
 (380 Winslow Way E)