



[www.scchealth.co](http://www.scchealth.co)

# OFFICIAL COMMUNICATIONS

## St. Clair County Health Department

2019

SCCHD-006

ISSUE DATE: 05/17/19

TO: St. Clair County Providers, Hospital ICPs, Emergency Departments, ED Physicians Walk-in Clinics LTC Facilities

FROM: Margaret Sturgis, RN, BSN, MSA P: 810-987-5300 F: 810-985-4340

### **CONFIRMED MEASLES CASE IN ST. CLAIR COUNTY**

The Michigan Department of Health & Human Services (MDHHS) and St. Clair County Health Department (SCCHD) have confirmed a case of measles in St. Clair County bringing the state total to 44 for 2019. This case involves a child visiting from Europe and is not related to the Southeast Michigan outbreak. Providers are strongly encouraged to heighten surveillance of rash-illness and consider measles as part of the differential diagnosis. **In addition, all healthcare personnel should be assessed for presumptive immunity to measles before potential cases present to healthcare facilities.**

#### **Measles Information:**

- Measles is transmitted by airborne particles, droplets, and direct contact with the respiratory secretions of an infected person;
- Measles virus can remain infectious in the air for up to two hours after an infected person leaves an area;
- Symptoms usually appear 10 to 12 days after exposure to measles, and in some cases, symptoms can start as early as seven days or as late as 21 days following exposure;
- Early symptoms include fever, cough, runny nose, and red, watery eyes;
- Koplik spots, small, white spots (often on a reddened background) occur on the inside of the cheeks early in the course of measles.
- Rash and fever are the defining symptoms of measles and usually occur four days following the early symptoms. The rash usually starts on the face and proceeds down the body and can persist for several days;
- Infected individuals are contagious from four days before rash onset through the fourth day after rash appearance;
- Any susceptible (unvaccinated) person can contract the measles;
- People at high risk for severe illness and complications from measles include:
  - Infants and children aged younger than 5 years
  - Adults aged 20 years or over
  - Pregnant women
  - People with compromised immune systems, such as from leukemia and HIV infection

#### **Measles Prevention:**

- Promote routine vaccination with MMR vaccine. One dose of MMR vaccine is approximately 95% effective at preventing measles; two doses are approximately 97% effective;
- Recognize that there are large outbreaks of measles in Europe and Israel, as well as in countries in South America, Africa, and Asia;
  - Promote MMR vaccination for travelers to these regions.
  - Adequate vaccination of persons who travel outside the U.S. is two doses of MMR.
  - Inquire about travel history from presenting patients.
  - Infants aged 6 through 11 months should also be vaccinated with one dose of MMR prior to international travel;

## **Clinical Response to Suspect Cases:**

When a patient presents with symptoms that are clinically-compatible with measles, control measures should be implemented immediately without waiting for lab results to be available.

When patients make appointments for rash illness with fever and potential exposure to measles they should be presumed to be infected with measles (regardless of any pending laboratory confirmation). Do the following:

- Meet the patient in the car when they arrive and provide a mask for patient and accompanying person;
- Advise the patient to call first to make arrangements for testing and/or to be seen;
- Have patient enter the clinic through an alternate entrance and place patient and accompanying person immediately into an exam room to avoid exposing other patients. Note: Exam rooms should not be used for other patients for at least two hours after the measles suspect leaves because the measles virus can live for up to two hours in an airspace where an infected person coughed or sneezed;
- Clinicians are advised to take the following actions in assessing patients with significant fever, cough, coryza, and/or conjunctivitis and presenting with a macular/papular body rash:
  - Isolate the patient immediately - use a negative pressure room if available;
  - Avoid exposure to other patients;
  - Assess patient's immunization history
    - Only doses of vaccine with written documentation of the date of receipt should be accepted as valid. Self-reported doses or a parental report of vaccination is not considered adequate documentation.
  - Assess patient's risk factors including recent travel or recent contact with person(s) having febrile rash illness;
  - Infected people should be isolated for four days after they develop a rash; airborne precautions should be followed in healthcare settings;
  - Report suspect cases to the local health department immediately.

## **Laboratory Testing:**

Obtain throat swab (collected with a synthetic swab and placed in viral transport medium) and serum.

**All testing must be coordinated through St. Clair County Health Department, who will work with the MDHHS to facilitate testing.**

## **Vaccine Availability:**

There are no shortages of MMR vaccine at this time.

## **Occupational Health**

Health Care Providers should have presumed evidence of immunity to measles which includes:

- Written documentation of vaccination with 2 doses of live measles or MMR vaccine administered at least 28 days apart, or:
- Laboratory evidence of immunity, or;
- Laboratory confirmation of disease.

More information about Health Care evidence of immunity will be posted at [www.Michigan.gov/MeaslesOutbreak](http://www.Michigan.gov/MeaslesOutbreak)

## **Measles Specimen Collection Instructions:**

The MDHHS Bureau of Laboratories (BOL) performs PCR on throat and nasopharyngeal specimens and measles IgM antibodies on serum. To request testing, a DCH-0583 test requisition form must be completed.

[https://www.michigan.gov/mdhhs/0,5885,7-339-71551\\_2945\\_5103\\_5278-14806--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71551_2945_5103_5278-14806--,00.html)

- When requesting Measles IgM please also request Rubella IgM.
- Measles PCR is not on the test form. Please write in measles PCR in the other box under virology section of form.

**Call SCCHD with questions or to report suspect cases (810) 987-5300 during regular business hours. Refer to the “After Hours Emergency Contact List” or [www.scchealth.co](http://www.scchealth.co) for after-hours contact.**