

MEASLES

Measles is one of the most contagious diseases. This airborne virus lives in the nose and throat of an infected person and can rapidly spread to the rest of the body, affecting the lungs, the brain, and other organs.

How does measles spread?

The virus spreads easily through the air when a sick person breathes, talks, coughs, or sneezes. The virus can stay in the air for up to two hours after the infected person has left the room.

Nine out of 10 people who have not received the measles vaccine will get measles if they have contact with the virus. A person with measles can spread the disease to others even before they have any symptoms.

What are the complications of measles?

Measles can cause ear infections, diarrhea, pneumonia, encephalitis (inflammation of the brain), and even death. Children younger than 5 years of age, pregnant women, and people with weak immune systems are more likely to have serious complications due to measles.

What are the symptoms?

Common measles symptoms include:

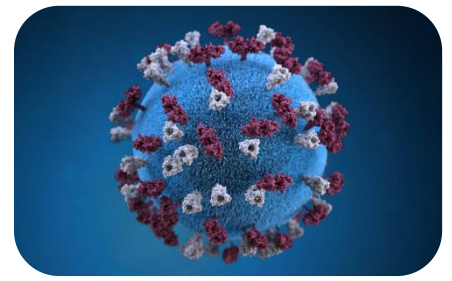
- High fever (over 101F)
- Cough
- Runny Nose
- Red watery eyes
- A rash that starts on the face and spreads to the rest of the body

MEASLES OUTBREAKS

Most people in the United States (U.S.) are protected against measles through vaccination. The U.S. may be seeing more measles cases than usual because of increased numbers of measles cases internationally, and decreased vaccinations rates. Most infected people have traveled to or from places where measles is more common. The best way to protect yourself from getting measles when traveling is to get vaccinated beforehand.

For information about current cases, visit: www.cdc.gov/measles/data-research/index.html

MEASLES



Do adults need a measles vaccine booster?

A “booster” or third dose of measles vaccine is not recommended. Two doses of live measles vaccine (MMR or MMRV) are considered to provide long-lasting immunity.

However, adults who do not have presumptive evidence of immunity to measles should get vaccinated. Presumptive evidence of immunity can be established in any of the following ways:

- Written documentation of 2 doses of MMR or MMRV. If you received only 1 dose, you can receive a second dose at least 28 days after the first dose.
- Laboratory evidence of immunity
- Laboratory confirmation of disease
- Birth before 1957

Although birth before 1957 is considered acceptable evidence of immunity for healthcare personnel in routine circumstances, healthcare facilities should consider vaccinating healthcare personnel (HCP) born before 1957 who lack laboratory evidence of immunity or laboratory confirmation of disease.

Additionally, adults who were vaccinated for measles between 1963 and 1968 should check their vaccination history to determine which vaccine they received. During that time, a version of the vaccine that used an inactivated form of the virus was available that was found to not be as effective. These adults should get re-vaccinated with 2 doses of the current MMR vaccine.

I'm a healthcare worker and I was vaccinated as a child. How can I make sure I'm immune?

For HCP who have 2 documented doses of MMR vaccine or other acceptable evidence of immunity (see above question) to measles, serologic testing for immunity is not recommended. If a HCP who has 2 documented doses of MMR vaccine is tested serologically and determined to have negative titers, it is not recommended that the person receive an additional dose of MMR vaccine.

I've heard that vaccinated people are getting measles. Am I at risk?

MMR is a highly effective vaccine, however, protection is not 100% complete. In large outbreaks, even vaccinated individuals can get infected. While this rarely occurs, multiple studies show that fully vaccinated individuals have a lower risk of severe disease requiring hospitalizations and are far less likely to transmit to others.

MEASLES

How is measles treated?

There is no cure or antiviral treatment for measles. Treatment focuses on relieving symptoms and managing the serious health complications that can happen.

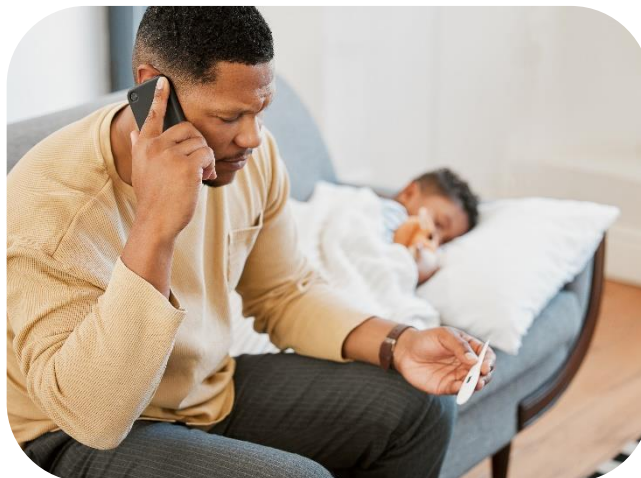
If you think that you, or someone in your family, has been exposed to or has measles, contact your doctor's office immediately. Tell them that you might have measles before you go, so they can take steps to prevent other patients and staff from being exposed.

Should I take vitamin A if I'm concerned about measles?

Vitamin A at any dose **does not prevent** measles. Additionally, large doses can cause serious side effects like blurry vision, vomiting, liver damage, and coma.

Although there is no effective antiviral treatment once a child gets measles, vitamin A can be administered under a doctor's supervision and **may** reduce the severity of illness.

The only way to prevent measles is with the MMR vaccine.



How can measles be prevented?

Getting vaccinated is the best way to keep from getting and spreading measles. The measles-mumps-rubella (MMR) vaccine is very safe and is more than 95% effective in preventing disease. People should get the MMR vaccine if they haven't been vaccinated, or do not know if they got the MMR vaccine before. Kids should be vaccinated at 12-15 months of age, and again at 4-6 years of age.

Call your doctor to get the MMR vaccine, which may be covered by your insurance. If you don't have insurance, you can still get vaccinated at a pharmacy or at a clinic offering no or low-cost, vaccinations. Visit ph.lacounty.gov/vaccines or call the Public Health InfoLine at 833-540-0473, open every day from 8 a.m. to 8 p.m.

FOR MORE INFORMATION:

Los Angeles County Department of Public Health, Vaccine Preventable Disease Control Program
ph.lacounty.gov/vaccines

California Department of Public Health (CDPH)
www.shotsforschool.org/

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/measles/index.html

For questions or to find a nearby clinic or doctor, call the Public Health InfoLine at 833-540-0473. Open every day from 8 a.m. to 8 p.m. ph.lacounty.gov

