

Health Alert: Measles Case and Exposure in Sacramento County

March 8, 2024

Situational Update

On March 7, Sacramento County Public Health (SCPH) confirmed the measles virus in a patient presenting to UC Davis Medical Center's Emergency Department on March 5.

Actions Requested of Healthcare Systems and Clinicians

1. **Identify and immediately isolate** patients with known or suspected measles. Persons with signs or symptoms of measles should be isolated in a single-person exam room or airborne precaution isolation room, if available, as soon as possible. Ensure patient remains masked.
2. **Evaluate** persons for measles symptoms, exposure history, and vaccination status. If possible, implement screening when scheduling appointments by phone.
 - a. Symptoms: mild to moderate fever accompanied by cough, coryza (runny nose), and conjunctivitis (red, watery eyes). Some cases report diarrhea, nausea, and vomiting. A red, blotchy rash appears two to three days later, usually first on the face. This rash rapidly spreads down to the chest, back, thighs and feet. The rash fades after about a week.
 - b. Exposure: Unvaccinated persons or those with unknown vaccination status who were in the UC Davis Medical Center Emergency Department on March 5 between 12:00 pm and 5:00 pm are at risk of developing measles from 7 to 21 days after being exposed.
 - c. Vaccination: Review immunization records. Individuals with no history of measles infection or immunization should receive measles, mumps, and rubella (MMR) immunization.
3. **Report** any suspect cases immediately by phone to SCPH at (916) 875-5881.
4. **Collect** samples using one of the methods below. Refrigerate specimens (2-8°C) until transport to lab. Specimens must be transported within 48 hours and may be frozen if delay beyond 72 hours expected.
 - a. Respiratory samples: throat, nasal, or nasopharyngeal, collected no later than 7 days from symptom onset. Use Dacron tipped swabs with a non-wooden shaft. Place specimen in viral transport media (VTM).
 - b. Urine samples: use sterile collection cup and collect within 10 days of symptom onset. Centrifuge samples at 2500 x g for 15 minutes at 2-8°C. Discard supernatant, resuspend cell sediment in 2-3mL of VTM, and withdraw 140µl sample from resuspended VTM for testing. Store at 2-8°C until extracted (store at -20°C if extraction is not performed within 72 hours of collection).
5. **Adhere** to Standard and Airborne Precautions for patients with known or suspected measles.^{1,2}

Resources

¹"Interim Infection Control Recommendations for Measles in Healthcare" - <https://www.cdc.gov/infectioncontrol/guidelines/measles/index.html>

²"Precautions to Prevent Transmission of Infectious Agents" - <https://www.cdc.gov/infectioncontrol/guidelines/isolation/precautions.html>

Sincerely,

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Public Health Officer