“Measles (Rubeola)”

What is “Measles”?  
- Contagious and potentially deadly disease caused by a virus.  
- Spread via the ‘airborne’ route.  
- A person can be infectious before a rash appears on the body

Environment

Remains infectious on
- surfaces and
- the air

for upto 2 hours after an infectious person leaves the area.

What are some of the signs and symptoms of Measles?

- Fever (upto 105°F)
- Body aches
- 3 C’s—cough, coryza (runny nose) & conjunctivitis
- Koplik’s spots—on the oral cavity (early) (Fig.1)
- Maculopapular rash that starts on the face and spreads to the extremities including palms of hands and soles of feet. (Figs.2,3)
  - Appears 14d after initial exposure; incubation period ranges from 7-21d
  - Rash may not be seen in immunocompromised patients
- Patients can be infectious for 4d prior to and after rash appears
- Complications include: pneumonia, encephalitis, otitis media, diarrhea.

What should I do if a Measles case is identified? (For providers)

- Due to high infectivity, suspected patients should be immediately isolated from general waiting area
- Rapid triage should be performed and patient should be moved to an isolation room or area
- Check travel history to foreign or domestic areas where the disease is present
- For adults: Providers should NOT rely on self-report of vaccination as evidence of immunity. If no record is available, patient should be vaccinated!
- See advisory from New York State Department of Health for updated information
- Immediately report cases to the Cattaraugus County Health Department
Measles Fact Sheet (contd.)

Can I spread it?
- **YES!**
- Through the air (sneezing, coughing etc), through contact with contaminated surfaces/skin.

What is the best way to protect myself from Measles?
Get yourself and your children vaccinated

MMR vaccine

How do I protect my children from Measles?
- **Vaccinate**
- Children should be vaccinated after their first birthday and receive a booster before entering kindergarten (4-5 years old)

Can measles be treated?
- **NO!**
- But it can be prevented by vaccinations.

The Cattaraugus County Health Dept clinics provide MMR vaccinations. Your inability to pay should not affect your choice of getting a vaccine!

Contact the Cattaraugus County Health Department to report all positive cases:
- 716-701-4682
- 716-7013438
- 716-701-3382

For more information, visit:
General: https://www.cdc.gov/measles/index.html
For health care professionals: https://www.cdc.gov/measles/hcp/index.html
For parents and caregivers: https://www.cdc.gov/measles/resources/parents-caregivers.html
Current status of measles in the US: https://www.cdc.gov/measles/cases-outbreaks.html

Information sources: CDC; American College of Emergency Physicians (ACEP); New York State Department of Health (NYSDOH)