



COUNTY OF SAN DIEGO NEWS RELEASE

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THREE MEASLES CASES REPORTED IN COUNTY *HHSa Investigating Possible Exposures*

The County of San Diego Health and Human Services Agency (HHSa) is investigating three measles cases: a 3-year-old male and his 6-year-old sister and a 24-year-old female visitor of San Diego County. All three had not been immunized against the disease.

“Measles is a highly-contagious disease,” said Wilma Wooten, M.D., M.P.H., County Public Health Officer. “We are working closely with the locations where these individuals visited during the time they were infectious to identify anyone potentially exposed to measles.”

The siblings were exposed to measles when the 24-year-old female was a guest in their home. She was in the Philippines for a month between mid-March to mid-April. There have been more than 200 cases of measles reported this year in the Philippines.

One child was treated at El Camino Pediatrics in the evening on May 10 and during the morning hours of May 12 at Scripps Encinitas Hospital. The 6-year-old attended Redeemer by the Sea Kindergarten and Preschool in Carlsbad on May 5 and 6, and the 3-year-old attended childcare at Carlsbad Community Church the morning of May 7.

Potential exposure from the children to patients at both El Camino Pediatrics and Scripps Encinitas Hospital is limited. HHSa is working with the two healthcare facilities to identify anyone who may have been exposed. School and church officials are notifying parents of children at Redeemer by the Sea and Carlsbad Community Church.

Potential public exposures also occurred May 7 at Roundtable Pizza on Marron Road in Oceanside between 5:00 and 8:00 PM and on May 8 at the Henry’s supermarket on El Camino Real in Carlsbad between 10:00 AM and 1:00 PM. Both children spent time at the businesses while infectious and before they were diagnosed. Individuals who develop symptoms of measles, especially those who have not been vaccinated, should contact their health care provider for advice.

“I would also like to remind the public that the measles is spread through the air and the virus only lives for about two hours after it is released into the environment,” said Wooten. “There is no longer a risk of contracting measles by visiting any of the locations because of this exposure.”

The last measles outbreak in San Diego County was in February, 2008.

Measles is a highly contagious viral disease. The disease is easily spread by coughing, sneezing or close contact with an infected person. Measles causes a rash, high fever, cough, runny nose and watery eyes, usually lasting one to two weeks. It can be spread from four days before the rash appears to four days afterwards. The rash begins on the face and head then proceeds downward and outward to the hands and feet. It fades in the same order it began, from head to feet.



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Complications from measles are more common in children younger than 5 years of age and adults 20 years and older. Complications can include diarrhea, ear infection and pneumonia. Death can occur from severe complications and the risk is higher among younger children and adults. There is no treatment for measles. Bed rest, fluids and control of fever are recommended. Persons with complications may need treatment for their specific problem.

The best way to prevent measles is by getting the measles vaccine. All persons born in 1957 or after should have documentation of at least one dose of MMR (measles, mumps and rubella) vaccine or other evidence of immunity to measles. The CDC recommends two doses of the vaccine; the first at 12 months of age, and the second between ages 4 -6.

For more information about measles, other vaccine-preventable diseases and the shots that protect against them, please call the HHS Immunization Branch at (866) 358-2966 or visit the website at www.sdiz.org.

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