

County of San Diego Guidance for Care of Suspect Measles Patients

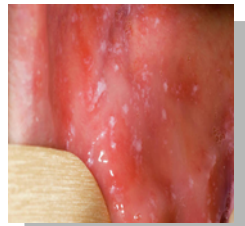


IDENTIFY

- **Prodrome:** Fever, cough, runny nose, conjunctivitis. Typically lasts 4-7 days.
 - Symptoms usually begin 10-14 days after exposure.
 - Koplik spots may appear 2-3 days after initial symptoms.
- **Rash:** Red, blotchy, maculopapular rash begins at the hairline, or behind the ears. Spreads downward to the neck, trunk, arms, legs, and feet.
 - Appears 3-5 days after the prodrome symptoms.
 - Duration averages 5-6 days.
- **Risk Factors:** Exposure to a confirmed case, recent international travel, domestic travel to measles outbreak areas, and unvaccinated/unknown vaccination status.

ISOLATE

- **Clinic:** Immediately provide a mask and move patient to a single patient room with the door closed.
 - If possible, schedule patient at the end of the day and have them wait outside. Use an alternative entrance to access the single patient room.
 - Do not have patient in the waiting room or other common areas.
- **Hospital:** Use Airborne Infection Isolation Room (AIIR), or a private room with a closed door until an AIIR is available.
- **PPE:** N95 respirator and additional PPE, per Standard Precautions.
- Only staff with documented immunity to measles should take care of suspect measles cases.



Koplik spots in the mouth



Putting on PPE

INFORM

- **Immediately notify your infection control team regarding the suspect measles case.**
- **Contact** the County of San Diego IZ PHN Helpline for reporting, to obtain consultation, discuss testing and sampling options, and receive approval for PCR testing:
 - Business hours: **866-358-2966, option 5**
 - After hours/weekends: **858-565-5255**
 - Email PHS-IZPHN.HHSA@sdcounty.ca.gov



Measles rash on cheek

CARE

- **Collect** NP/OP swabs (preferred) or urine for Rubeola PCR testing at the Public Health Laboratory (PHL) using PPE. **Prior approval is required** for measles testing at PHL.
- **Dedicate** patient equipment. Limit staff traffic in and out of the room.
- **Do not use** a non-AIIR room for 2 hours after patient discharge.
- **Follow** organizational procedures for isolation room cleaning.
- **Explain** to patient at discharge that they must stay home for 4 days after rash onset or until measles is ruled out.
- **Inform** patient that they will receive a follow-up call from a public health nurse.



For more information, visit:
www.sandiegocounty.gov/measles