

HEALTH

Potential Measles Exposure at Two North County Scripps Health Facilities

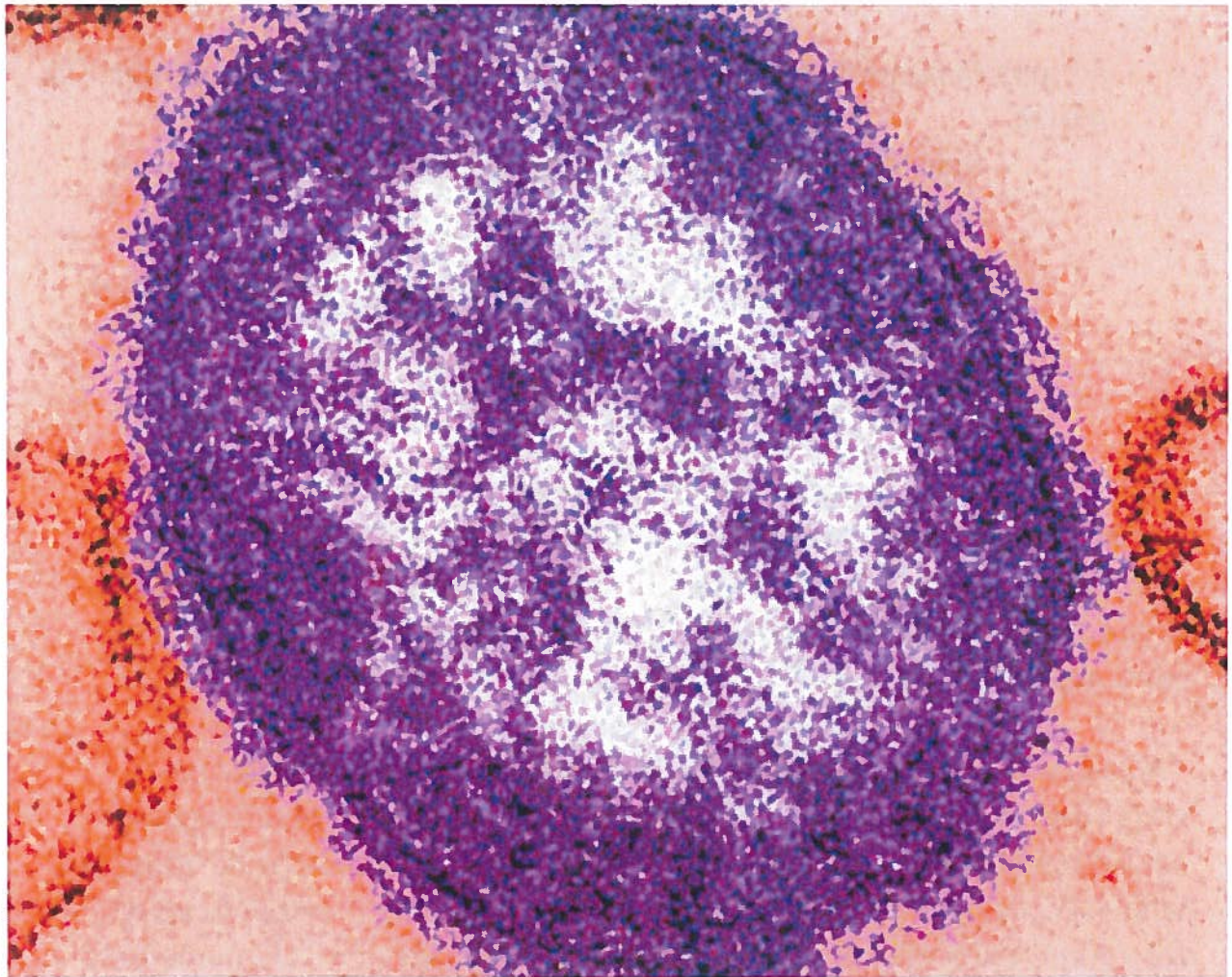


Image Credit: Centers for Disease Control

By **Tom Christensen**, County of San Diego Communications Office

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A case of measles has been confirmed in a San Diego County resident who traveled out of the country and may have exposed members of the

public at two locations, the County of San Diego Health and Human Services Agency announced Wednesday.

The person may have exposed the public at the following locations:

- Scripps Coastal Medical Center Urgent Care, 130 Cedar Rd., Vista, CA 92083 the following dates and times: March 8 from 7:30 p.m. to 12:00 a.m., and March 9 from 4:00 p.m. to 7:45 p.m.
- Scripps Memorial Hospital Encinitas, 354 Santa Fe Dr., Encinitas, CA 92024
 - Emergency Room & Radiology Department: March 9 from 6:00 p.m. to March 10 at 8:00 a.m.
 - 2nd floor in-patient hospital ward: March 10 from 5:30 a.m. to 8:15 p.m.

HHSA is contacting people who were known to be at those locations during the exposure periods to determine if they have been vaccinated and their potential for developing measles. HHSA is also working with Scripps to identify and follow up with patients and staff who may have been exposed.

“Measles is a very contagious disease that can be spread easily by coughing, sneezing or being in the same room with an infected person,” said Wilma Wooten, M.D., M.P.H., County public health officer. “Anyone who was at any of these specific locations at these times should watch for symptoms and contact their health care provider, by telephone first, if they show any signs of the disease.”

People with symptoms are asked to telephone their doctor’s office in advance, rather than visit an office directly, so that infection control measures may be implemented to prevent exposure to others.

Measles develops seven to 21 days after exposure. Early symptoms include fever, cough, runny nose and red eyes. The distinctive red rash

usually appears one to four days after early symptoms appear. A person is considered contagious four days before the rash appears. The rash typically 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.

“The best way to prevent measles is by getting the measles vaccine,” said Wooten. “Infants under 12 months of age are at high risk of infection with measles because they would not have received their first dose of vaccine yet.”

Anyone 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 Centers for Disease Control and Prevention (CDC) recommends two doses of the vaccine: the first at 12 months of age, and the second between ages 4 – 6 years.

Complications from measles are more common in children younger than 5 years old 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 fever control are recommended. People with complications may need treatment for their specific problem.

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

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