

The logo features the letters 'ASCIP' in a gold, 3D-style font. To the left of the letters is a red pencil with a black eraser and a gold band. To the right of the letters, the words 'Risk Alert!' are written in a red, serif font. A horizontal red line runs across the page below the logo.

# ASCIP Risk Alert!

**Date:** *February 2, 2015*

**Attention:** *ASCIP Members*

**Subject:** *Measles Prevention Guidelines*

Measles, also called Rubeola, is a highly contagious airborne respiratory disease caused by a virus. It is so contagious that if one person has it, 90% of the people around him or her will also become infected if they are not protected.

**Signs and Symptoms:** Measles signs and symptoms appear 10 to 14 days after exposure to the virus. The infection occurs in sequential stages over a period of two to three weeks. Signs and symptoms of measles typically include: fever, dry cough, runny nose, sore throat, inflamed eyes (conjunctivitis), tiny white spots with bluish-white centers on a red background found inside the mouth on the inner lining of the cheek, and a skin rash made up of large, flat blotches that often flow into one another. Over a 3 day period, the rash spreads, eventually reaching the hands and feet. The rash lasts for 5 to 6 days, and then fades

**Who is at risk?** Unvaccinated young children are at highest risk of measles and its complications, including death. Any non-immune person (who has not been vaccinated or was vaccinated but did not develop immunity) can become infected.

**Transmission:** Measles is spread by coughing and sneezing, close personal contact or direct contact with infected nasal or throat secretions. The virus remains active and contagious in the air or on infected surfaces for up to 2 hours. It can be transmitted by an infected person from 4 days prior to the onset of the rash to 4 days after the rash erupts.

**Treatment:** No specific antiviral treatment exists for measles virus. Measles usually gets better with home care, medication to lower the fever, plenty of rest and by drink lots of fluids.

**Prevention:** Measles is preventable only through vaccination. However, in order to minimize your exposure to the measles virus:

1. Avoid close contact with others.
2. Any time you cough or sneeze, cover your mouth and nose.
3. Disinfect surfaces at school.
4. Wash your hands.

**School Exclusion Policy:** Children with suspected or confirmed measles should be kept out of school or childcare until 4 days after the onset of rash. If a child is at school with any of the above signs and symptoms, the parent or guardian should be called to pick up the child. The parent or guardian should be asked to consult a physician and to provide a written note from a doctor indicating that the child may return to school.

### **Additional Information**

- [MMR Vaccine Information Sheet](#)

Fact sheet with general information about measles, including symptoms, complications, tests, and treatment. <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/mmr.pdf>

- [Measles Disease](#)

Basic information about measles from the California Department of Health.

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx>

- [Measles, Mumps, and Rubella Vaccines: What You Need to Know](#)

CDC Vaccine Information Fact Sheet; includes a description of the disease, who should get the vaccine and when, who should not be vaccinated, and potential side effects.

<http://www.cdc.gov/vaccines/vpd-vac/combo-vaccines/mmr/vacopt-factsheet-parent.pdf>