

1/25/2023

** NOTICE: This health alert provides written guidance for health care professionals and others who may need to take action to prevent or control a notifiable condition. It is not intended to provide guidance for the general public.*

Measles Update

Actions Requested:

- Have a high index of suspicion for measles when evaluating individuals who develop measles-like symptoms between January 25, 2023 and February 10, 2023 or were at the following locations:
 - Sea-Tac Airport: January 18, 2023 12:26pm–3:00pm
 - Providence Swedish First Hill, Emergency Department, 700 Minor Ave, Seattle: January 20, 2023 2:00pm–4:55pm
- Be aware of individuals meeting the clinical case definition of measles:
 - a fever of 101° F or greater; AND
 - a generalized red rash lasting longer than three days; AND
 - one of the following: cough, coryza, conjunctivitis.
- Use the Measles Assessment Checklist attached to this document to assist in identifying potential measles cases.
- Consider laboratory testing when you suspect measles. Testing for suspect measles cases includes the tests listed below:
 - ✓ **Nasopharyngeal (NP) swab for rubeola PCR and culture (preferred respiratory specimen)**
 - Swab the posterior nasal passage with a Dacron™ or rayon swab and place the swab in 2–3 ml of viral transport medium. Store specimen in refrigerator and transport on ice.
 - Throat swab also acceptable.
 - ✓ **Urine for rubeola PCR and culture**
 - Collect at least 50 ml of clean voided urine in a sterile container and store in refrigerator.
 - ✓ **Serum for rubeola IgM and IgG testing**
 - Draw at least 4-5 ml blood (yields about 1.5 ml serum) in a red or tiger top (serum separator) tube. Store specimen in refrigerator and transport on ice.
- Advise suspect cases of the infectious period for measles and instruct them to isolate at home away from susceptible people until the infectious period is completed or they receive a negative test result for measles. In general, immunocompetent individuals with measles are infectious for 4 days prior to rash and for 4 days after the rash appears. Immunocompromised individuals may be infectious for the entire duration of illness.

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- Measles is an **immediately** notifiable condition. Report all confirmed and probable cases of measles to Thurston County Public Health and Social Services Department at 360-867-2610 Monday through Friday 8am-5pm and 1-800-986-9050 after hours.

Background:

A confirmed case of measles has been reported King County. Rash started on January 20, 2023. Prior to diagnosis others may have been exposed in the following locations:

- Sea-Tac Airport: January 18, 2023 12:26pm - 3:00pm
- Providence Swedish First Hill, Emergency Department, 700 Minor Ave, Seattle: January 20, 2023 2:00pm–4:55pm

Measles is characterized by a generalized maculopapular rash, fever, and one or more of the following: cough, coryza, or conjunctivitis. Measles has a distinct prodrome that begins with fever and malaise. Additional symptoms can be conjunctivitis, coryza (sneezing, nasal congestion, and nasal discharge), cough, photophobia, and Koplik's spots (bluish-white specks on a rose-red background appearing on the buccal and labial (lip) mucosa usually opposite the molars). The time from exposure to onset of fever ranges from 7–18 days (average 10 days), with the rash onset usually occurring within 2–4 days after the first symptoms appear and up to 21 days after the exposure. Temperatures may exceed 40°C (104°F), and usually fall 2–3 days after rash onset. The rash is maculopapular and begins on the head often along the hairline and spreads downward reaching the hands and feet. The contagious period for measles is from 4 days prior to rash through 4 days after rash onset. Immunocompromised individuals may be infectious for the entire duration of illness.

People at highest risk from exposure to measles include those who are unvaccinated, pregnant women, infants under six months of age and those with weakened immune systems. A person is considered immune to measles if any of the following apply:

- They were born before 1957
- They have had a blood test result that shows immunity to measles
- They have previously had measles diagnosed by a healthcare provider
- They are up to date on measles vaccines (one dose for children age 12 months through three years old, two doses in anyone four years and older).

COMMUNICABLE DISEASE UPDATE

COMMUNICABLE DISEASE CONTROL AND PREVENTION SECTION
THURSTON COUNTY PUBLIC HEALTH AND SOCIAL SERVICES DEPARTMENT
412 LILLY RD NE
OLYMPIA, WA, 98506-5132
DISEASE REPORTING: (360)786-5470



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RESOURCES:

Washington State Department of Health – Measles Resources:

<https://doh.wa.gov/public-health-healthcare-providers/notifiable-conditions/measles>

Centers for Disease Control and Prevention (CDC) - Measles (Rubeola) For Health Care Providers: <https://www.cdc.gov/measles/hcp/index.html>

THANK YOU FOR REPORTING

TO REPORT A NOTIFIABLE CONDITION IN THURSTON COUNTY	
Voice mail for reporting non-immediately reportable conditions (24 hours a day)	Phone: 360-786-5470 Fax: 360-867-2601
Day time immediately reportable conditions – Call detailed information to the 24-hour Notifiable Condition Reporting Line at 360-786-5470. Messages are picked up hourly. If a call back can't wait call 360-867-2500 and ask staff to locate a Communicable Disease staff.	Phone: 360-786-5470
After hours immediately and 24-hour reportable conditions or a public health emergency	Call 1-800-986-9050
No one is available with Thurston County Public Health and condition is immediately notifiable	1-877-539-4344

Communicable Disease Updates are posted online at: <http://bit.ly/CDUpdatePHSS>