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**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 Guidance for Summer 2023

Actions Requested:

Be aware of increased summer travel risk for measles.

- Provide education and guidance for measles to international travelers and those who are planning international travel.
- Ensure all patients without other evidence of immunity, especially those planning international travel, are up to date on their measles-mumps-rubella (MMR) vaccine and other recommended vaccines prior to travel.
- CDC MMR recommendations are as follows:
 - U.S residents older than 6 months who will travel internationally, without evidence of immunity will receive MMR vaccine prior to departure.
 - Those 6-11 months old should receive one dose of MMR before departure. Infants who receive a dose of MMR before turning 1 year of age should receive 2 more doses of MMR vaccine, the first of which should be given between 12-15 months of age and the second dose given 28 days later.
 - Children, 12 months of age or older should receive two doses of MMR vaccine 28 days apart.
 - Teenagers and adults without evidence of measles immunity should have documentation of 2 MMR vaccine doses given 28 days apart.
- Evidence of measles immunity:
 - Birth before 1957

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- Documented administration of two doses of live measles virus vaccine (MMR, MMRV, other)
- Laboratory proof of immunity or confirmation of disease

Background:

Measles is a viral illness that is highly contagious, symptoms include, fever, cough, runny nose, conjunctivitis and rash. Infection of measles can lead to severe health complications and even death. Transmission occurs through direct contact with droplets or airborne spread. Airborne transmission can take place when an infected person coughs, breathes, talks or sneezes. The measles virus can remain infectious airborne and on surfaces for up to 2 hours after the infected individual leaves the area. Those with measles are infectious 4 days prior to the rash developing and 4 days after the rash develops, with an incubation period averaging 10 days.

There has been a decline in vaccination rates of MMR which have resulted in large and disruptive outbreaks of measles across the globe. Measles cases in the United States are commonly linked to unvaccinated individuals returning from international travel. One person infected by measles can infect 9 out of 10 of their unvaccinated close contacts. Vaccination in preparedness to travel is highly recommended, twice as many Americans are planning to travel internationally in 2023 compared to 2022.

Measles is an immediately notifiable condition. Immediately report all suspect and confirmed cases to Thurston County Public Health and Social Services at 360-867-2610 (Monday – Friday 8am-5pm) or call 1-800-986-9050 after hours.

Resources:

- Health Alert Network – Centers for Disease Control and Prevention:
<https://emergency.cdc.gov/han/2023/han00493.asp>

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- Measles – Washington State Department of Health: <https://doh.wa.gov/public-health-healthcare-providers/notifiable-conditions/measles>
- Measles (Rubeola) For Health Care Providers - Centers for Disease Control and Prevention: <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) : Reporting a Notifiable Condition (thurstoncountywa.gov)	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. Emails can be sent to staff at PHSS_DCP_CDTeam@Thurstoncounty.onmicrosoft.com	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: [Communicable Disease Updates \(thurstoncountywa.gov\)](http://thurstoncountywa.gov)