

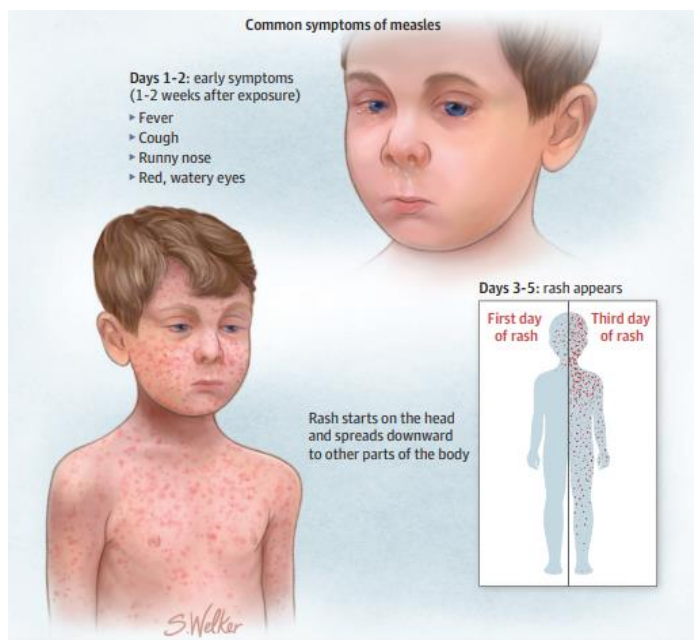
MEASLES TIP SHEET

Measles is an **acute viral respiratory disease**. Measles is **highly contagious** and can be especially dangerous in young children. The virus is **transmitted by direct contact with infectious droplets or by airborne spread** and can remain infectious in the air for up to two hours after an infected person leaves an area. **First symptoms present 7 – 14 days after exposure.**

Patient Considerations: Immunization Status. Two doses of MMR vaccine are about 97% effective in preventing measles, while one dose of the MMR vaccine is about 93% effective.

Presenting Symptoms

- **The Three Cs:** Cough, Congestion and Conjunctivitis
- Fever
- Koplik Spots (inside mouth)
- Maculopapular rash that begins at the head and spreads downward



Diagnostic Testing

1) Notify:

TCH Infection Control: 832-824-1341

Texas Department of State Health Services: 1-800-705-8868

2) Collect specimens as advised by the Health Department and TCH Infection Control.

Serum Measles (Rubeola) IgM, IgG	Measles Antibodies (IgG, IgM) LAB34166 [Quest Lab]
Throat swab for measles PCR	Measles (Rubeola) Virus, Qualitative Real-Time PCR Nasopharyngeal/Throat LAB 39306 [Quest Lab]

Symptoms appear 7 to 14 days after a person is exposed. Typically, patients are contagious from 4 days before the rash to 4 days after appearance of the rash

Isolation: Patients should be instructed to isolate for four days after rash appears

Supportive Care: Symptom management

Practice Site Considerations

PPE: Health care professionals should don gown, gloves, and N95 for all suspected or confirmed cases

Patient Rooming and Masking: All suspected cases and accompanying caregivers should be asked to wear a mask and be roomed immediately

Room Closures: Exam room to remain closed off for a minimum of one hour after a suspected case of measles

