



Health, Housing & Community Services Department
Public Health Division
Communicable Disease Prevention and Control Unit

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Health Officer

HEALTH ADVISORY

Multi-State Measles Outbreak

April 3, 2019

Currently, the U.S. is experiencing a multi-state measles outbreak in the states of California, New York, Washington, and New Jersey. As of March 27, 2019, there were 16 confirmed measles cases, including 11 outbreak-associated cases in California.

(See CDPH <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>)

Providers should consider measles in patients with fever and a descending rash in persons with history of travel or contact with individuals who have travelled outside North America regardless of MMR vaccination status or prior measles disease. However, persons without a history of travel or exposure to a traveler, are unlikely to have measles in the absence of confirmed measles cases in your community.

Symptoms plus risk factors should make providers suspect measles:

1) Symptoms:

- a. Fever, including subjective fever
- b. Rash that starts on the head and descends
- c. Usually 1 or 2 of the "3 Cs" – cough, coryza and conjunctivitis

2) Risk factors:

- a. In the prior 3 weeks: travel outside of North America, transit through U.S. international airports, interaction with foreign visitors, including at a U.S. tourist attraction, or travel to areas of the U.S with ongoing measles transmission
- b. Confirmed measles cases in your community
- c. Never immunized with measles vaccine and born in 1957 or later

3) If measles is suspected:

- a. Isolate patient immediately
 - b. Contact the City of Berkeley Public Health Division if patient resides in Berkeley
 - c. If advised to test for measles by your local health department, submit a specimen for polymerase chain reaction (PCR) testing. PCR is the preferred testing method for measles, and can only be performed in public health laboratories. Measles IgM testing is frequently falsely positive and is not recommended
- Full clinical guidance from the California Department of Public Health: <http://tinyurl.com/y6bkg4ea>
 - Guidance from CDC for healthcare professionals: <https://www.cdc.gov/measles/hcp/index.html>

Measles is immediately reportable by telephone to the Local Public Health Department. If measles is suspected in a patient, immediately contact City of Berkeley Public Health Division Health Officer, Lisa Hernandez, MD, MPH, (510) 981 5292.

Please distribute to all providers and staff in your practice.