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cchealth.org

K-12 Recommendations for Measles

Contra Costa County works closely with K-12 school partners to keep students, staff, and their families safe and healthy. Measles should be reported to your local Public Health Department when outbreaks, hospitalizations or deaths occur.

Symptoms:

Measles (also called rubeola, red measles, or hard measles) is a serious illness that may be prevented by vaccination. Currently, measles most often occurs in susceptible persons (those who have never had measles or measles vaccine) who are traveling into and out of the United States. Once measles cases occur, there may be spread to persons or groups of people who have not been vaccinated.

The first symptoms seem like the beginning of a cold with a high fever, watery eyes, runny nose, and cough. A red blotchy rash appears on the third to seventh day, usually beginning on the face (hairline), spreading down the trunk and down the arms and legs. The fever may still be present after the rash starts. The rash usually lasts 4 to 7 days. Measles is sometimes complicated by diarrhea, ear infection or pneumonia. About one child in every 1000 who gets measles will develop encephalitis (inflammation of the brain). Encephalitis can lead to seizures, deafness, or mental retardation.

What can you do to prevent Measles:

The best way to prevent Measles is vaccination. Measles vaccine is combined with mumps and rubella vaccine (MMR) with the first dose at age 12-15 months and the second at age 4-6 years. There is also a vaccine that protects against varicella (MMRV), with the same dosing schedule as MMR. Two doses or a valid exemption notice from a licensed medical provider are required for kindergarten and seventh grade enrollment.

- Unvaccinated people who have been exposed to measles virus should call their healthcare provider or local public health clinic as soon as possible to be vaccinated.
- If measles vaccine is given within 72 hours of exposure, it may provide some protection. Encourage parents/guardians to notify the childcare provider or school when their child is vaccinated so their records can be updated. Immune globulin (IG), if given within 6

days of exposure, can prevent or make the symptoms of measles milder. This should be strongly considered for contacts younger than one year of age, pregnant women who have never had measles or measles vaccine, or persons with a weakened immune system.

- Recommend staff stay home if they develop symptoms of measles. Encourage parents/guardians to keep their child home if they develop symptoms of measles.
- Teach children and staff not to touch their eyes, nose, or mouth.
- Cover your nose and mouth with a tissue when coughing or sneezing, or cough/sneeze into your sleeve. Dispose of used tissues.
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled.
- Wash hands thoroughly with soap and warm running water after touching secretions from the nose or mouth.

What to do if you get Measles:

Children should be excluded from school or childcare until 4 days after the rash appears. A child with measles is contagious from 4 days before to 4 days after the rash appearance. Exclude unvaccinated children and staff within 72 hours of exposure for at least 2 weeks.

If you are planning to go to a healthcare facility, call or alert healthcare staff beforehand so that steps can be taken to prevent the spread of measles to others.

For more information, please contact Contra Costa Public Health at 925-313-6740 or visit our website at <https://www.cchealth.org/health-and-safety-information/communicable-disease-program>.

For CDPH school guidance please visit <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>.