

Measles Reference for Schools and Child Care Settings

What is Measles?

Measles is a highly contagious disease caused by a virus that can lead to severe complications and death.

Symptoms generally appear 8 to 12 days and up to 21 days after contact with the virus.



What are symptoms of Measles?

Cough, runny nose, red water eyes, high fever, and tiny white spots inside of mouth (not always seen).

3 - 5 days into symptoms, a rash starts on the face from the hairline and spreads down the body.

Measles can be spread to others 4 days before to 4 days after the rash appears.

Does Measles pose a health risk to schools?

Measles is a serious disease that spreads rapidly in people. Nine out of 10 people who have not had the measles vaccine or the infection before will get measles if they are exposed to the virus.

Measles is caused by an airborne virus that spreads through droplets in the air and on surfaces after an infected person breathes, talks, sneezes, or coughs. Getting measles is a serious health risk for students and staff that have never had a measles-mumps-rubella (MMR) vaccine.

In schools where there are high numbers of unvaccinated students and staff, measles can spread very easily and infect large groups of people, resulting in hospitalizations and serious disease in unvaccinated people.

Measles can cause complications, such as ear infections and diarrhea. It can also cause serious illness, such as pneumonia, encephalitis (swelling around the brain), and even death.

What should you do if someone on campus has Measles?

Exclude

Staff, students, or visitors who are confirmed or suspected of having measles must be excluded from campus immediately.

- They may return after 4 days from when the rash started.
- Minors with a known or suspected case of measles should be placed in a private room with the door closed until they can be picked up by a parent/guardian.
- Individuals who are 2 years old and older should wear a well-fitting mask.

Report

Measles is a reportable disease which must be reported to the Nevada County Public Health Department immediately upon suspicion by calling (530) 265-1450.



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What can schools/child care settings do to prevent the spread of Measles?

- **Ask students, staff, and families to stay up to date with the MMR vaccine.**
 - **Ask staff to know the signs of measles.** Teachers and staff should know the symptoms of measles so they can immediately isolate students and staff who may be ill and contact the Nevada County Public Health Department for guidance.
 - **Ask students and staff to stay home when they're sick.** Staying home when ill, along with covering coughs and sneezes with a sleeve or tissue, washing hands often with soap and water, and not touching eyes, noses, or mouths, helps stop people from getting and spreading diseases at school.
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Getting vaccinated is the best way to prevent getting and spreading measles. People should get MMR vaccine if they haven't been vaccinated or don't know if they got the MMR vaccine before.

Where can students, families, and staff get vaccinated for Measles?

Individuals can call their healthcare provider to get a MMR or MMRV vaccine, which their insurance may cover. They may also get vaccinated at a pharmacy or at a clinic offering no- or low-cost vaccinations. If individuals do not have health insurance or a regular healthcare provider, they may call 2-1-1 or visit www.nevadacountyca.gov/614/Back-to-School-Immunization-Clinics.

What will the Nevada County Public Health Department (NCPHD) do if there is a suspected or confirmed case of Measles on your campus?

The NCPHD will work to stop people from getting and spreading measles by:

- Working closely with schools to investigate all cases and identify exposed people.
 - Checking immunity status and closely monitoring symptoms in those who may have been exposed to measles to prevent further spread of the disease.
 - Taking safety measures, such as providing vaccines and/or restricting participation in school or work, for unvaccinated people who may have been exposed to measles.
 - Educating the school and outside community about measles and vaccination.
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Where can I find more information?

Measles Information: www.cdc.gov/measles

Immunization Schedules: www.cdc.gov/vaccines/schedules

Vaccination Requirements for School Entry: www.shotsforschool.org

Nevada County Public Health Department:

www.nevadacountyca.gov/2382/Communicable-Disease-Control

