Chartiers Houston School District

MEASLES RESPONSE PLAN

I. PURPOSE The purpose of this plan is to provide the Chartiers-Houston School District with a clear and coordinated response to a suspected or confirmed case of measles. This plan is based on the CDC Preparing and Responding to Measles: Checklist for K-12 Schools and Pennsylvania Department of Health (PA DOH) guidance. All suspected and confirmed cases will be managed in coordination with PA DOH authorities, who will direct case investigation, exposure assessment, exclusion, post exposure prophylaxis, and outbreak-control measures. Communication with public regarding measles will come from the Superintendent's office. HIPPA and FERPA laws apply to all incidents of measles reporting.

DEFINITION: Measles is a very contagious respiratory disease caused by a virus. Before the measles vaccine became available, measles was a common childhood disease. Some people may suffer from severe complications, such as pneumonia (infection of the lungs) and encephalitis (swelling of the brain). They may need to be hospitalized and could die. Symptoms include: rash (The rash starts typically on the face or at the hairline, subsequently spreading to the trunk to lower extremities.) high fever (as high as 105 degrees Fahrenheit), cough, runny nose, and red, watery eyes.

One rare long-term sequela of measles virus infection is subacute sclerosing panencephalitis (SSPE), a fatal disease of the central nervous system that generally develops 7–10 years after infection. Among persons who contracted measles during the resurgence in the United States (U.S.) in 1989–1991, the risk of SSPE was estimated to be 7–11 cases/100,000 cases of measles. The risk of developing SSPE may be higher when measles occurs prior to the second year of life.

INCUBATION PERIOD: The average incubation period for measles is 11–12 days, and the average interval between exposure and rash onset is 14 days, with a range of 7–21 days. Persons without immunocompromising conditions with measles are considered infectious from four days before until four days after onset of rash, with the rash onset being considered as day zero.

COMPLICATIONS FROM MEASLES: Common complications include ear infections and diarrhea. Severe complications include pneumonia (infection of the lungs), encephalitis (swelling of the brain), and death. Measles may cause pregnant persons to give birth prematurely or have low-birth- weight babies.

EXPOSURE: Exposure occurs when a person is in the same space (e.g. room, office, waiting room, building) with someone who has measles, or occupies this space within 2 hours after the infected person has left. People are less likely to get sick with measles if they have been appropriately vaccinated. Approximately 90 percent of susceptible (non-immune) people will get measles when they are exposed to someone with the disease.

However, susceptible person who receives a dose of MMR vaccine *within 72 hours* of *the first exposure* may return to child care, school, or work. **NOTE:** this is 72 hours from the exposure to measles, *not* 72 hours from the development of the rash or other measles symptoms. Parents ***must*** present written documentation of the vaccine having been given in this time period to return to school

PROOF OF IMMUNITY: Proof of immunity is defined tightly. Susceptible/non-immune people are those individuals who have not received the Measles, Mumps, and Rubella (MMR) vaccine. The state counts written documentation of age-appropriate measles vaccination, laboratory evidence of immunity or of past infection, or birth before 1957. Age-appropriate means at least one dose for preschool-age children and two doses for school-age children. For Proof of Immunity, a parent's verbal assurance does not count, and neither does an incomplete record. This applies to children whose families have filed religious or philosophical exemptions, regardless of whether the excluded child ever develops symptoms.

II. RESPONSIBILITIES

School Nurse / CSN

- Recognize measles symptoms.
- Immediately isolate the individual.
- Notify parent/guardian when appropriate.
- Report suspected measles immediately to the Chartiers-Houston School District School Nurses
- Review immunization records and provide information requested by PA DOH.
- Assist with identifying potential exposures.
- Maintain confidential documentation and exposure records.

- Implement public-health-directed exclusion and return-to-school requirements.
- Maintain a list of students who are under-immunized, have exemptions from immunizations, as well as those who are immunocompromised.

Building Principal/Administration

- Support isolation and infection-control procedures.
- Notify Superintendent, Building Principal, and Director of Buildings and Grounds of all suspected and confirmed cases.
- Assist with identifying classrooms, transportation, activities, and other potential
- exposure locations.
- Maintain confidentiality.
- Implement operational decisions made in consultation with PA DOH
- When a confirmed case is in a classroom in school, verify that infected student has been sent the nurse, ensure teacher/staff in that room removes students to another area in the building. Then provide the school nurse with the names of those students in the room/area in which they may have been exposed to measles.
- Instruct teacher/staff member to close the room and ensure no one else enters it.

Director of Buildings and Grounds

- Ensure custodians are wearing masks
- Ensure custodians do not enter the infected room/area until 3 hours after the infected student and other students and staff have been removed from the room/area
- Custodians conduct a thorough cleaning as per PA DOH recommendations
- Ensure room/area is sealed for remainder of day
- After the cleaning is completed, the room can be open for regular use the next day.

Staff

- Immediately refer students with measles-like symptoms to the school nurse.
- Notify building principal and superintendent of referral-noting location and time.
- **Do not** tell students you suspect measles; send them to the health office for
- evaluation.
- Follow nurse/administrative instructions.
- Maintain confidentiality.
- **Do not** independently notify families or distribute information about a
- suspected/confirmed case. The school nurse, and the PA DOH will communicate with families.

III. SUSPECTED MEASLES: IMMEDIATE RESPONSE

When measles is suspected:

1. ISOLATE

Immediately move the individual to the designated isolation area and minimize contact with others.

2. When measles is confirmed: The first confirmed case inside a school building will send home far more than one child. Under state guidance for schools and child care programs, **exposed students and staff who cannot document immunity** should be kept out from day five after the first exposure through day 21 after the last one. That is a stretch of up to three weeks away from school, sports, clubs, and any school-related activity. However, previously unvaccinated persons receiving their first MMR vaccine dose within 72 hours of exposure to measles may be immediately readmitted to school

3. NOTIFY

For students, contact the parent/guardian and arrange appropriate pickup/medical evaluation. Advise the family to call the healthcare provider before arriving and report that measles is suspected.

4. REPORT

School Nurses will report all suspected and confirmed measles cases to the Superintendent and Building Principals. School Nurses will immediately report suspected and confirmed measles cases to the Pennsylvania Department of Health, 1-877-PA-HEALTH (1-877-724-3258). Do not wait for laboratory confirmation before reporting a suspected case.

4. DOCUMENT

- Record:
- Symptoms and onset;
- Date/time of isolation;
- Classroom/schedule;
- Transportation;
- Activities attended;
- Potential contacts;
- Parent notification;
- PA DOH notification and instructions.

5. PRESERVE EXPOSURE INFORMATION

Retain attendance records, schedules, bus rosters, seating information, and activity records that may be needed for the PA DOH investigation.

IV. AFTER THE INDIVIDUAL LEAVES

Because the measles virus can remain infectious in the air for up to two hours:

- Restrict access to the area used by the suspected case.
- Keep the area vacant for at least two hours after the individual leaves.
- Clean/disinfect the area according to CDC/facility guidelines before reuse.

V. EXPOSURE RESPONSE

Chartiers Houston will work with PA DOH to identify individuals who may have been exposed. The school district may provide information to the PA DOH regarding:
- Classroom and schedule;
- Teachers and staff;
- Transportation;
- Cafeteria/recess;
- Athletics and extracurricular activities;
- Field trips and assemblies;
- Other locations visited during the infectious period.

PA DOH will determine who is considered exposed and what action is required. The Chartiers Houston School District will not independently determine quarantine, exclusion, vaccination, or postexposure treatment.

VI. EXCLUSION / RETURN TO SCHOOL

Situation	Action
Suspected measles	Immediately isolate and report to PA DOH
Confirmed measles	Exclude according to PA DOH direction
Exposed person with evidence of immunity	Follow PA DOH monitoring instructions
Exposed person without evidence of immunity	Follow PA DOH exclusion/monitoring instructions
Student with a vaccine exemption	May be excluded during an outbreak as directed by PA DOH
An exposed individual who develops symptoms	Immediately isolate and notify PA DOH
Return to school	Follow PA DOH requirements

NOTE: unvaccinated children and unvaccinated staff may need to stay home for up to 21 days each time they are near someone who has measles. This means that a student or staff member who has not been vaccinated against the measles and is in a room where it is confirmed that a student has the measles, may need to stay home for up to 21 calendar days. Unvaccinated students and staff are encouraged to get an MMR vaccine within 72 hours of this exposure. Those students and staff could return to school after they have received the MMR vaccine within the 72 hours but must provide documentation of that having had that vaccine within that time frame to be able to return to classes. The following are general guidelines for exclusion

General guidelines for exclusion are below:

- Exclude children and staff who have measles until they are no longer contagious (through 4 days after rash onset).

- Exclude exposed children and staff members who do not have proof of immunity from day 5 after the first exposure through day 21 following the last exposure.

Please note that all decisions to exclude children and staff should be made in consultation with the PA DOH or your local health department (LHD).

VII. POST-EXPOSURE PREVENTION AGAINST MEASLES

PA DOH will determine whether an exposed individual should receive:
• MMR vaccine; or
• Immune globulin.
Chartiers-Houston will assist the PA DOH by identifying potentially susceptible students/staff and communicating PA DOH instructions to families and employees.

VIII. COMMUNICATION

The Superintendent/designee will coordinate all Chartiers-Houston District-Wide communication. All communications will:

- Protect student confidentiality; adhering to HIPPA and FERPA laws
- Avoid identifying the affected individual;
- Avoid identifying students as vaccinated/unvaccinated;
- Provide factual information;
- Follow guidance provided by PA DOH.

Teachers and staff should not communicate information about a suspected or confirmed case to families independently.

Parent/Guardian Notification

When notification is directed by PA DOH, families will be informed of:

- The potential exposure;
- Symptoms to monitor;
- Instructions regarding attendance:

  Under Pennsylvania Department of Health guidance, **students who have been confirmed to have measles are excluded from school for 21 days from the date of the last confirmed case**. This is to ensure the virus is no longer present and to prevent further spread. The exclusion applies regardless of whether the child has symptoms, and it covers all school-related activities, including sports and clubs.

Measles is highly contagious, and a person with measles can spread the virus **from 4 days before to 4 days after the rash appears** The 21-day exclusion covers the full incubation and contagious period, ensuring that the child is no longer infectious before returning to school

- When to contact a healthcare provider;
- How to contact PA DOH for questions

IX. OUTBREAK RESPONSE

If PA DOH determines that an outbreak or significant exposure has occurred, Chartiers-Houston will:

1. Activate this plan.

2. Maintain communication with PA DOH.

3. Review immunization records.

4. Identify and monitor exposed individuals.

5. Implement the required exclusion.

6. Assist with vaccination/post-exposure prevention efforts **when requested**.

7. Monitor absenteeism and new illnesses.

8. Address transportation and extracurricular exposures.

9. Provide educational continuity for excluded students.

10. Communicate additional instructions to staff and families.

School closure is not automatic. Decisions regarding closure, activity cancellation, or other operational restrictions will be made in consultation with PA DOH, the Superintendent , and school health professionals.

X. PREPAREDNESS

Both the Jr./Sr. High and the Allison Park Elementary School will maintain:

- Designated measles isolation area
- Backup isolation location
- Current PA DOH contact information
- Accessible student immunization records
- Chartiers-Houston Measles Response Plan
- Documentation of students and adults confirmed to have measles, as per Section III, sub-section 4 of this response plan

- A log of parent contact information including full name of student, parent spoken with, parent contact information, time and date of contact

KEY CONTACT

Pennsylvania Department of Health 1-877-PA-HEALTH | 1-877-724-3258

Suspected measles should be reported immediately by the School Nurse.

Primary References

- CDC — Preparing and Responding to Measles: Checklist for K-12 Schools
- Pennsylvania Department of Health — Measles Guidance for Schools and Child Care
- Pennsylvania Department of Health — School Health/Communicable Disease Guidance
- 28 Pa. Code §27.160 — Special Requirements for Measles
- 28 Pa. Code §27.71 — Exclusion Requirements