

BE READY FOR MEASLES

WHAT IS MEASLES?

- Measles (also known as Rubeola) is caused by a highly contagious virus that spreads through the air when an infected person coughs or sneezes. If one person has measles, up to 9 in 10 people nearby will become infected if they are not protected through vaccination or previous infection.
- Measles is more than just a rash — it can cause serious health complications and even death. About 1 in 5 people who get measles will be hospitalized. The best protection is the measles, mumps, and rubella (MMR) vaccine. Anyone without immunity to measles is at risk.

PREPARE FOR POSSIBLE MEASLES CASES

- **Contact Bay County Health Department when measles is suspected.**
- Ensure your school has a *supply of masks* to give to any person with measles symptoms.
- *Communicate* with staff, families, and caregivers the **requirements** for students and staff-
 - **Stay home when they are sick**
 - Procedures for students with measles symptoms including providing masks and isolating away from others.
- Apply state, local, or school MMR vaccine requirements such as-
 - Ensuring all students and staff are vaccinated or immune to measles
 - Maintaining documentation of measles immunity status.
- *Provide training to school nurses to recognize measles symptoms:*
 - Early symptoms can seem like a common cold and include:
 - Fever, cough, runny nose, red, watery eyes, or tiny white spots in the mouth.
 - A rash usually appears 3-5 days after symptoms begin and usually appears on the face and behind the ears first and then spreads down the body.
- **Identify an isolation space where students with measles symptoms can wait to be picked up.** This will prevent others from getting sick.
 - Choose a separate room (not shared with anyone else) with a door that can close and a window that can be opened to the outdoors if available.

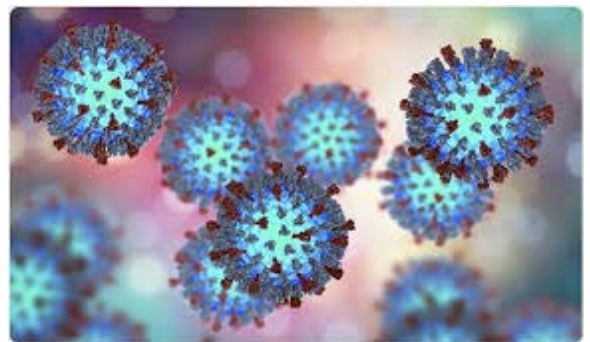
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IMMEDIATE RESPONSE IF MEASLES IS SUSPECTED

When a student or staff member has measles symptoms take these actions within 10 minutes.



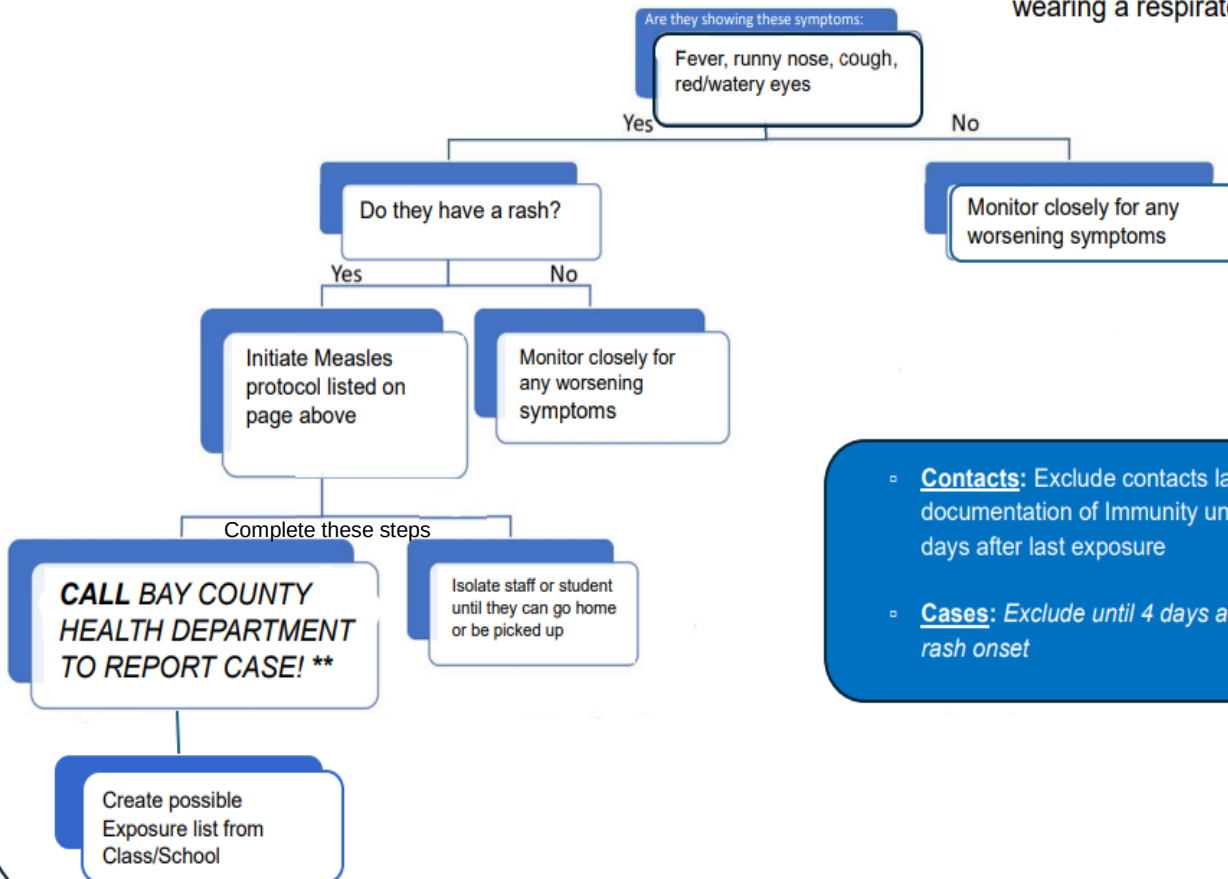
- **Give the person a mask:** to limit the spread of respiratory secretions, covering their mouth and nose.
- **Isolate the staff member or student with measles symptoms to protect others from exposure.**
 - After a person with measles symptoms leaves the isolation space, it should remain vacant for at least 2 hours. Then, clean and disinfect the space with an **EPA-registered disinfectant.**
 - Staff who monitor an isolated child and staff who clean an isolation space after use should have *evidence of immunity* to measles and should wear a *well-fitting respirator* or *disposable mask*.
- **Contact *Bay County Health Department*:** They will have further guidance for isolation duration, testing, and care.
- **Seek emergency care (DO NOT WAIT)** if the person who is sick gets rapidly worse (or)
 - If they experience trouble breathing
 - Pain with breathing or coughing
 - Dehydration
 - A fever
 - Headache that won't stop
 - Confusion or decreased alertness
 - Severe weakness
 - Blue color around the mouth
 - Low energy.
 - *Notify staff at the healthcare facility of your concern for measles before arrival so they can put procedures in place to prevent spread*
- **Instruct *staff members* with measles symptoms to isolate at home.**



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If Measles is Suspected in a Staff member or Student-

When a student or staff member starts to feel unwell, attempt to take their temperature using a no-touch method while wearing a respirator or mask.



- **Contacts:** Exclude contacts lacking documentation of Immunity until 21 days after last exposure
- **Cases:** Exclude until 4 days after rash onset

*** Depending on severity of student or staff symptoms please note that Urgent health care may be necessary; in that case call 911 as well.*

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IMPORTANT INFORMATION

- Make a list of school staff and students with ***possible exposure*** to the person with suspected measles.
 - The health department **might** recommend that *children and staff who are not immune to measles be excluded* from school protect their health and prevent further spread.
 - The health department might also offer vaccination or medication to prevent infection after exposure, also called post-exposure prophylaxis
- Gather information about *facility layout and ventilation* to share with the health department.
- *Inform families and caregivers that someone at their child's school has had measles symptoms and let them know if their child has been exposed. Ask them to watch for measles symptoms in their children and other household members for 21 days.*
- Ask staff to watch for measles symptoms in themselves and children at the school for 21 days and seek medical care if symptoms develop
- Be prepared to work with the health department

RESOURCES & HELPFUL SITES:

- **Managing Communicable Diseases in schools:**
https://www.michigan.gov/-/media/Project/Websites/mdhhs/Folder2/Folder88/Folder1/Folder188/Managing_CD_in_Schools_FINAL.pdf?rev=1f118048eb684d32a5254c15e2d4ac85
- **Be Ready for Measles Toolkit:**
www.cdc.gov/measles/php/toolkit/index.html
- **Measles Isn't Just a Little Rash Fact Sheet:**
www.cdc.gov/measles/resources/measles-isnt-just-a-littlerash-infographic.html
- **Do You Think Your Child Has Measles?**
www.cdc.gov/measles/downloads/measles-factsheet-seekcare-508.pdf
- **About Measles:**
www.cdc.gov/measles/about/index.html
- **Checklist for K-12 Schools:**
<https://www.cdc.gov/measles/downloads/measles-checklist-K12-schools.pdf>

Bay County Health Department

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<http://www.baycounty-mi.gov/Health>