



Measles

What You Need to Know

There have been an increase in cases of measles and outbreaks in several locations. According to the Centers for Disease Control and Prevention, from January 2 to December 31, 2016, 70 people from 16 states were reported to have measles. The states involved included New York, Alabama, Arizona, California, Colorado, Connecticut, Florida, Georgia, Hawaii, Illinois, Massachusetts, Minnesota, North Carolina, Tennessee, Texas, and Utah.

In 2015, 188 people from 24 states were reported to have measles. The greatest number of cases since measles elimination was documented in the U.S. in 2000 occurred in 2014, with 667 cases from 27 states.

What is Measles

Measles virus is a highly contagious viral disease that may have serious and at times fatal consequences.

Infected people can spread measles to others from four days before through four days after the [rash](https://www.cdc.gov/measles/about/signs-symptoms.html) appears. Go to for images of rash:

<https://www.cdc.gov/measles/about/signs-symptoms.html>

How it spreads

It spreads easily by contact with respiratory discharges from the nose or mouth and from saliva. It is transmitted by coughing, sneezing, sharing eating utensils and mouthed toys. The virus can live up to two hours in an airspace where the infected person coughed or sneezed, as well as surfaces contaminated by the virus. Measles is so contagious that if one person has it, 90% of the people close to that person who are not immune will also become infected. The virus can spread to others from four days before through four days after the rash appears.

Symptoms

Once a child is exposed to and infected with the measles virus, the first symptoms will not appear for about 7 to 14 days (Incubation Period).

The first set of symptoms resembles cold-like symptoms, including a cough, runny nose, high fever, red and watery eyes. These symptoms tend to get worse during the first 1 to 3 days of the illness. Young children may develop other symptoms, including an ear infection, croup, and diarrhea. In some children, the infection causes pneumonia and there have been a few cases of encephalitis (infection of the brain).

The rash appears after the child has been ill for about 2 to 3 days. The rash first starts as tiny red bumps that then form larger patches of red. It usually begins on the face and neck and then spreads to the torso, arms, and legs. The rash lasts for 5 to 8 days before it begins to go away.



Immunization Requirements

Measles is a vaccine preventable illness. The Measles vaccine is usually administered as part of the MMR vaccine (measles, mumps, and rubella).

The first MMR vaccine should be administered to children at 12 to 15 months of age, with a booster at ages four to six years.

In New York State, measles immunizations are required of all children enrolled in pre-kindergarten programs and in schools.

- GO TO 2016-2017 New York State Immunization Requirements For School Entrance/Attendance
<https://www.health.ny.gov/publications/2370.pdf>
- GO TO 2015 Recommended Immunizations for Children from Birth Through 6 Years Old
<https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>

Measles and Child Care

How to Limit the Spread of Measles in Child Care

The best way to protect children from becoming infected is to have them vaccinated. Child care programs have an important role to ensure children are following the recommended immunization requirements. Programs should do the following:

- Review children's immunization records to ensure that children are up to date with the required immunizations.
- Review your Exclusion Criteria and Infection Control Policies & Procedures
- Provide educational material to parents and staff on the importance of immunizations
 - GO TO CDC Educational Resource for Parents: Measles: Make Sure Your Child is Protected with MMR Vaccine
<http://www.cdc.gov/features/measles/>
 - GO TO CDC Educational Resource for Child Care Programs:
<http://www.cdc.gov/measles/downloads/child-care-centers.pdf>
 - GO TO DOH Measles Fact Sheet
<https://www.health.ny.gov/publications/2170.pdf>
 - GO TO CDC MMR Vaccine Information Sheet – What You Need to Know: <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/mmr.pdf>



When to Exclude & When to Report

- Any one diagnosed with measles needs to stay home until four days after the rash appears and until feeling well enough to participate in regular activities.
- Child Care Programs should notify all parents/guardians and program staff of any cases of measles.
- It is important for parents & staff to monitor children for any symptoms.
- Licensing requires that child care programs report cases of measles to the local health department and to your licensor/registrar
 - GO TO NYS DOH Communicable Disease Reporting Requirements:
http://www.health.ny.gov/forms/instructions/doh-389_instructions.pdf