



Measles

What You Need to Know

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

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 mouthing toys. It is also transmitted by hands and other surfaces contaminated by the virus. The virus remains active and contagious on infected surfaces for up to two hours.

Symptoms

Once a child is exposed to and infected with the measles virus, the first symptoms will not appear for 8 to 12 days (Incubation Period). Infected children tend to be contagious for 1 -2 days before symptoms appear and 3 to 5 days before the rash breaks out. The contagious period continues for 4 days after the rash appears.

The first set of symptoms resembles cold-like symptoms, including a cough, runny nose, 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.

- See attached 2018 - 2019 New York State Immunization Requirements For School Entrance/Attendance
<http://www.health.ny.gov/publications/2370.pdf>
- See attached 2018 Recommended Immunizations for Children from Birth Through 6 Years Old <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>



How to Limit the Spread of Measles

The best way to protect children from becoming infected is to have them vaccinated. The CDC reports that the majority of measles cases were from people who were unvaccinated.

- Review children's immunization records to ensure that children are up to date with the recommended immunizations.
- Review your Exclusion Criteria and Infection Control Policies & Procedures
- Provide educational material to parents and staff on the importance of immunizations
 - See attached CDC Educational Resource for Parents:
Measles: Make Sure Your Child is Protected with MMR Vaccine
<http://www.cdc.gov/features/measles/>
 - See attached CDC Educational Resource for Child Care Programs:
<http://www.cdc.gov/measles/downloads/child-care-centers.pdf>
 - See attached DOH Measles Fact Sheet
http://www.health.ny.gov/diseases/communicable/measles/fact_sheet.htm
 - See attached 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.
- 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
 - See attached NYS DOH Communicable Disease Reporting Requirements:
http://www.health.ny.gov/forms/instructions/doh-389_instructions.pdf