

MEASLES (Rubeola) - 2025 Update for BCH Oakland Providers

Measles is a highly contagious viral illness characterized by fever (up to 105°F), malaise, cough, coryza, conjunctivitis ("3 Cs"), Koplik spots, and a maculopapular rash.



Suspect Measles in Patients with:

1. **Fever, rash, and any "3 Cs":**
 - Rash appears ~14 days post-exposure, spreads head to toe
 - Contagious 4 days before to 4 days after rash onset (longer in immunocompromised)
2. **No evidence of immunity:**
 - Documentation of 2 doses of MMR vaccine
 - Lab evidence of immunity (measles IgG)
 - Lab-confirmed disease history
 - Birth before 1957
3. **Travel/exposure history in last 21 days:**
 - Travel outside North America
 - Transit through U.S. international airports
 - Interaction with international visitors or known measles exposure

Prevent Spread:

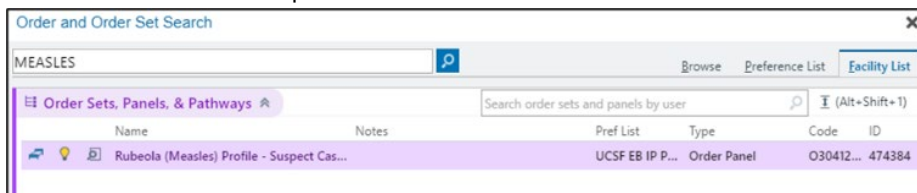
- **Mask** patient & family immediately (loose blanket for infants if needed).
- **Bypass waiting area;** move directly to an **Airborne Isolation** room.
- **Place in negative pressure room** (if unavailable, private room with closed door & masks).
- **All healthcare personnel** must use an **N95 respirator** per Cal/OSHA.
- **Discuss all suspected cases** with ID on-call before ordering tests.

Required Notifications:

1. **Call ID on-call physician** before ordering measles testing.
2. **Call Alameda County Public Health Dept. (ACPHD) for approval before testing:**
 - (510) 267-3250 (business hours) / (925) 422-7595 (after hours)
3. **Notify UCSF Benioff Oakland Infection Control Team:**
 - SuJin.Joo@ucsf.edu, Ann.Petru@ucsf.edu, Amanda.Lucas@ucsf.edu, Katherine.Eng@ucsf.edu

Testing (Only After ACPHD Approval):

- **PCR:** Urine, nasopharynx, oropharynx/throat
- **Serology:** IgM & IgG (IgM may be false negative in early rash stage)
- Orders available in Apex order set.



Name	Notes	Pref List	Type	Code	ID
Rubeola (Measles) Profile - Suspect Cas...		UCSF EB IP P...	Order Panel	O30412...	474384

Disposition:

- **Admit:** Maintain airborne isolation until **4 days post-rash onset**.
- **Discharge:** Home isolation for **at least 4 days post-rash onset** or per ACPHD clearance.

Measles is an immediately reportable condition (Title 17 Section 2500, CA Code of Regulations). Delayed reporting may result in citations and fines.

Resources:

- [MEASLES CONTROL PLAN](#) (PowerDMS)
- Alameda County Measles Updates: <https://acphd.org/measles/for-clinicians/>

For questions, contact **Infection Prevention & Control Team**.