



HEALTH ADVISORY

February 01, 2019

Measles in Vancouver, Washington

CURRENT SITUATION

The area around Vancouver, Washington is experiencing a measles outbreak with 41 cases diagnosed and 15 suspect cases as of 1/31/2019. There are several exposures in Portland, Oregon with one confirmed case in Multnomah County, OR. Humboldt County has not yet had any cases of measles related to this outbreak. The relative proximity of this outbreak does increase the chances of a case being diagnosed locally. Please be alert for symptoms consistent with measles, especially in unimmunized individuals with travel to the Portland/Vancouver area, New York City, or foreign travel.

ACTIONS REQUESTED OF CLINICIANS

1. **Vaccination:** Non-immune patients should be encouraged to vaccinate. MMR vaccine is given in a two-dose series at least 28 days apart.
2. **Health care provider immunity must be documented.** In the event of a measles exposure at your office, all staff will need to show proof of vaccination or a protective measles titer in order to continue working. Exposed staff without proof of immunity can, by law, be excluded from work/ school/ childcare/ congregate settings for 21 days from the date of last exposure.
3. **Consider measles as a diagnosis** in patients of any age presenting with fever and maculopapular or morbilliform rash beginning at the hairline or behind the ears and spreading down the body.
 - A. Other symptoms of measles can include:
 - Dry cough
 - Sensitivity to light
 - Inflamed eyes
 - Runny nose
 - Koplik's spots
 - Fever 102-104°F
 - B. Obtain a thorough history from patients, including:
 - Travel history or contact with recent travelers, especially from the Portland/Vancouver area, New York City, or foreign travel.
 - While unlikely, the possibility of undetected community transmission cannot be ruled out
 - Time spent in international airports or at international tourist attractions
 - MMR vaccination history – 97% immune with 2 doses, 93% immune with one dose.
4. **CDPH guidance if measles is suspected:**
 - A. *Precautions* - Isolate the patient
 - Place a mask on the patient
 - Do not allow the patient in the waiting room or other common areas
 - All providers who enter the patient's room should wear an N95 mask regardless of immunization status
 - The exam room should not be used for at least an hour after the patient leaves
 - Public Health will request names of potentially exposed staff or patients who have been in the same physical space as the patient.
 - B. *Effective post-exposure prophylaxis* can be administered to contacts within a limited time frame after exposure (72 hours for MMR vaccine, 6 days for immune globulin). Providers can contact Humboldt County Public Health at 268-2182 for specific guidance.





- C. *Laboratory testing* – Humboldt County’s Public Health Lab can perform rapid PCR testing for measles. For detailed specimen collection information call the PH Lab at 707-268-2179
- Acceptable sample types are:
 - Nasopharyngeal swabs (Only use collection kits provided by Public Health)
 - Processed Urine – Keep at 2-8°C
 - Turnaround time will be same day if received by 10AM
 - For more information or for a specimen collection kit please call 707-268-2179 during normal business hours. Instructions included on the attached page as well.
- D. *Reporting* - report suspected measles cases immediately to Humboldt County Public Health’s Communicable Disease Program at: 707-268-2182. If after hours contact the Health Officer by calling Sheriff Dispatch at 445-7251.





Measles PCR or Mumps PCR

- This test is used for the identification of Mumps or Measles Virus by PCR.
- Please use the Collection kits provided by the Humboldt County Public Health Lab (HCPHL)
 - Flocked Nasopharyngeal swabs & Viral Transport Media (VTM)
 - Use **Only** HCPHL collection kits if the assay is being performed by HCPHL
- Please Fill out HCPHL requisition completely and legibly
- For more collection kits and requisitions please contact HCPHL at **707-268-2179**
- Courier pick-up is provided by HCPHL; for pick-up, call **707-499-4513**

Specimen Collection and Transport

Type:

- Collect one **Nasopharyngeal swab (NP)** and place the swab into VTM
 - Use a fine tipped, nylon flocked swab for collection, provided by HCPHL
 - After collection, place the swab into the provided VTM
 - Keep Refrigerated (4°C)
 - See specimen collection guidelines below
- Collect 10-50 ml Urine in sterile container (First morning urine is ideal)
 - Process the urine: Centrifuge at 500-600 x g for 10 minutes @ 4°C. Resuspend the pellet in 2-3 ml of viral transport medium. If processing is not possible, store and ship the sample at 2-8°C as soon as possible.
 - Please contact the laboratory for specific instructions – **707-268-2179**

Handling Conditions:

- All specimens should be transported immediately to the HCPHL and received ≤ 3 days from time of collection.
- **Store and ship all specimens at refrigerator temperature (4°C).** Freeze if transport to HCPH Lab is greater than 3 days.

Additional Information

Measles and Mumps PCR:

- Turn-around time:
 - Same day if received by 10 am otherwise next day service
 - Please contact the lab immediately to arrange for faster testing
- Cost is \$90.00 for PCR
- We can bill private insurance and Medi-Cal

Collecting a Nasopharyngeal Specimen:

1. Fill out the provided HCPHL requisition
2. Insert NP swab into nostril to the posterior nasopharynx
 - a. Both nares should be swabbed to increase sensitivity
3. Rotate swab several times for 5-30 seconds
4. Place the swab into the Viral Transport Media
5. Label specimen appropriately and completely
6. Store and transport specimen as above
7. Call HCPHL for Courier pick-up

