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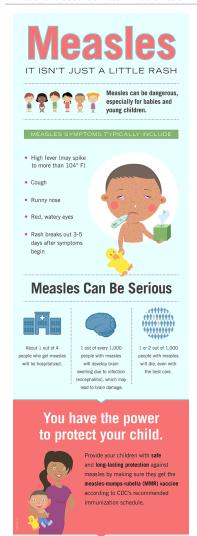
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WWW.CDC.GOV/MEASLES

AMERICAN ACADEMY OF FAMILY PHYSICIANS

Measles (Rubeola)

Measles is a highly contagious viral respiratory illness. Symptoms include fever, cough, runny nose, and red watery eyes followed by a rash over most of the body.

Measles can be serious.

- > About 1 in 4 people in the U.S. who get measles will be hospitalized
- > 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage
- > 1 or 2 out of 1,000 people with measles will die, even with the best care

Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

A highly effective vaccine has resulted in a dramatic reduction in measles cases and deaths worldwide. However, outbreaks and deaths continue to occur, primarily related to overseas travel and unvaccinated individuals.

Alaska Surveillance Data

After an absence of almost 15 years, a confirmed case of measles was diagnosed in Fairbanks on June 9, 2015. The case-patient had recent travel history to central Asia. Providers are reminded to always ask about travel history in patients with acute rash illness and be aware of measles as a possibility. Multiple states are currently experiencing measles outbreaks including New York State, New York City, and Washington.

Providers must report suspected measles cases immediately to the Alaska Section of Epidemiology at (907) 269-8000.

> View the latest U.S. surveillance data from the CDC.

Resources for the General Public

- 'About the Disease' CDC's comprehensive measles website, with information on risk factors, causes, signs and symptoms, diagnosis, treatment, prevention, and photographs of disease
- Measles Fact Sheet from the Alaska Division of Public Health
- > Frequently Asked Questions about Measles in the U.S. from the CDC
- > Measles Vaccination: Who Needs It?
- > Measles Vaccine Information

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(VPD)

Epi Procedure Manual

> Vaccines do not cause autism...get the <u>facts</u>.

Resources for Healthcare Providers

- > Measles Information for Clinicians from the CDC
- > Alaska Measles Testing Guidance (March 9, 2018)
- > Measles Investigation Quicksheet (California Department of Public Health document)
- Alaska Section of Laboratories Test Directory (Measles test info on page 56)
- > ASPHL-Fairbanks Lab Test Request Form
- > Epidemiology Bulletins associated with Measles from the State of Alaska
- > State of Alaska Immunization Program

Measles is a public health reportable condition in Alaska. Report suspect cases immediately to the Alaska Section of Epidemiology at 907-269-8000.

> Measles Multimedia Resources from the CDC

Infectious Disease Program Resources

> Epidemiology Procedure Manual - Measles Chapter

Archived Measles Public Health Alerts and Updates

- > AKPHAN: Measles Outbreak in Washington State What Alaskans Should Know (January 29, 2019)
- > AKPHAN: Measles Case in Cruise Ship Passenger What Alaska Providers Should Know (August 14, 2018)
- > Press Release: Measles case confirmed in Fairbanks (June 9, 2015)
- > AKPHAN: Measles Confirmed in Fairbanks What Alaska Providers Should Know (June 9, 2015)
- MMR Vaccine, Post-Exposure, and Isolation Recommendations for Fairbanks (June 12, 2015)
- > June 2015 Measles Alert Printable Poster
- > AKPHAN Update: Measles Outbreak in Disneyland What Alaska Providers Should Know (January 28, 2015)
- > AKPHAN: Measles Outbreak in Disneyland Possible Alaska Case (January 23, 2015)
- AKPHAN: Suspected Measles Case on Cruise Ship Exposure to Alaskans Unlikely (September 12, 2014)
- > AKPHAN: Measles Situational Awareness (June 5, 2014)

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