



ALEXANDRIA HEALTH DEPARTMENT

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ALERT: Internationally imported measles case with exposures in Dulles International Airport, Prince William and Fairfax Counties

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Dear Healthcare Provider:

The Alexandria Health Department would like to make you aware of a recently confirmed **measles** case in Northern Virginia associated with international travel. The infected individual is known to have visited health care facilities in Prince William and Fairfax County during the infectious period. See attached press release for known exposure sites and times.

Unvaccinated, or non-immune, individuals directly exposed to this case may develop signs and symptoms as late as 6/25/2019

We ask that you please maintain a high level of suspicion for measles.

For patients with a febrile rash that you suspect is measles, we recommend the following:

- Immediately triage the patient to limit their time spent in the waiting area. Isolate the patient to a private, negative pressure room, or a room with a closed door (note: this room should not be used for 2 hours after the patient leaves).
- Place a surgical mask on the patient as soon as possible. If possible, ensure the patient is masked before entering the building.
- Use standard and airborne precautions and permit only health care workers with documented measles immunity to attend to the patient.
- Collect a serum sample to test for measles IgM and IgG antibodies **and** nasopharyngeal (NP) swab for viral detection by PCR or viral isolation.
- Call ahead: Advise patients to **CALL** prior to coming to your facility if they have symptoms of measles. Notify other facilities ahead of time **before** referring suspect measles patients.
- Advise the patient to remain isolated during the infectious period.
- **Immediately notify the Alexandria health department by calling 571.259.8549**

Measles is a rapidly reportable disease. Contact the Alexandria Health Department's 24/7 disease reporting line at **571.259.8549 to report a suspected case** and for guidance on testing and infection control measures. **If it is high enough on your differential that you are considering testing for measles, then you should to call the health department.**

Please ensure that all patients, particularly those traveling internationally, are adequately vaccinated against measles. Children traveling internationally or who have been exposed to a case can be given measles vaccine as early as 6 months of age.

Measles is a highly infectious viral disease:

- Incubation period 10 days (range 7-21 days)
- Patients are infectious 4 days before and 4 days after rash onset
- Transmission is primarily person-to-person via large respiratory droplets
- Airborne transmission via aerosolized droplets can occur within shared air space for up to 2 hours after an infectious person with measles has occupied that space

Measles symptoms include: prodromal **fever, conjunctivitis, coryza, cough**, and small spots with white centers on an erythematous base on the buccal mucosa (**Koplik spots**). Characteristic **red, blotchy (maculopapular) rash** appears on third to seventh day that begins on the face, becomes generalized, and lasts 4–7 days.

To protect your staff and prevent exposures at your workplace:

We ask that you review the immunization histories of all employees, volunteers, or other healthcare providers with direct patient contact to confirm that they have two doses of a measles-containing vaccine on or after their first birthday, or have other evidence of immunity to measles. Make sure that this documentation is readily available. If evidence of immunity is not available, all personnel should be vaccinated unless contraindications are present.

- **Review your infection control measures** for suspected measles, chicken pox, etc., with all of your staff to prevent exposures in your healthcare clinic or hospital.
- **Prepare your facility and staff to rapidly identify and isolate a patient with suspected measles.**

Additional information about measles and measles vaccination is available at the Centers for Disease Control and Prevention website at <https://www.cdc.gov/measles/hcp/index.html>

Thank you for your continued dedication to the health of our community,



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Health Director