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MEASLES IN SAN JOAQUIN COUNTY

STOCKTON (May 2, 2014) – San Joaquin County Public Health Officer, Dr. Alvaro Garza, announces, “As of May 1, 2014, a case of measles has been reported to San Joaquin County Public Health Services (SJCPHS), the first in 2014. The case was exposed through international travel.”

In California, as of April 30, 2014, 58 measles cases have been reported statewide in 2014. (Refer to [California Department of Public Health Measles Website](#) for updated statewide case numbers.) Cases have involved contact with international visitors, unimmunized Californians who got measles after travelling in the Philippines, Europe, Asia, Africa, or India, as well as exposure within the United States and the Bay Area. Transmission has occurred in the following settings: household, urgent care, physician’s office, hospital, church, airplane, and school. Dr. Garza states, “It is more important than ever for children and adults to make sure that they are either immune or have been vaccinated against the measles.”

San Joaquin County Public Health Services Response:

Public Health staff is in the process of identifying and contacting residents who were probable contacts to the measles case, a young child, in order to evaluate their measles immunity status and, if needed, recommend intervention, as with measles, mumps, rubella (MMR) vaccine and staying at home and monitoring for symptoms for a short period of time. Dr. Garza further advises, “Measles is highly contagious and we all need to control the spread of it to others. Anyone suspecting measles (see symptoms below) in themselves or their family members should telephone contact their health-care provider immediately, before visiting the office or other health care facility.”

What is measles?

Measles, also called rubeola, is a highly contagious illness caused by a virus. It starts with fever that gets worse over several days, cough, runny nose, and watery eyes. After a few days, a rash develops and lasts about a week. Then it gets better by itself. Some people get a more serious case of measles which can cause diarrhea, middle ear infection, pneumonia (lung infection) or encephalitis (brain infection).

Measles illness during pregnancy can cause early labor, miscarriage, and low birth weight infants. Measles in people with AIDS or weak immune systems can be very severe. In the United States, 2 out of 1000 people who get measles will die from it, usually from the complications of the pneumonia or encephalitis caused by the infection.

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How is measles spread?

Measles is spread person-to-person when an infected person coughs, sneezes, or shares food or drinks. The virus travels easily through the air. It can live in the air and on surfaces for up to two hours. An infected person can pass the virus during the four days before the rash appears and for four days after the rash begins. A person who is exposed to measles and is not protected by immunization will probably become sick 7 to 21 days after exposure.

What can I do to protect myself?

[Immunization](#) is the best protection. Two vaccines against measles are used in the U.S.: MMR (measles, mumps, and rubella) or MMRV (measles, mumps, rubella, and varicella [chicken pox]). Each vaccine protects against the diseases listed. Two doses are given. The first dose is at 12-15 months; the second may be given as soon as 28 days later. In California, many children get their second dose when they are getting ready for kindergarten. Adults born before 1957 are assumed immune and therefore do not need to be vaccinated. See your primary health care provider for vaccinations.

Additional Information can be found at:

- [California Department of Public Health - Measles](#)
- [Centers for Disease Control and Prevention \(CDC\) - Measles Frequently Asked Questions](#)
- San Joaquin County Public Health Services: 209-468-3822 or www.sjcphs.org

Attachment – Measles Fact Sheet

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