



Preparedness and Emergency Response Plan: Measles

I. Prevention

Follow proper cleaning and maintenance schedule.

- See daily, weekly, monthly cleaning checklist
- Make sure that all faculty and staff know their roles in cleaning and sanitizing their own spaces
- Education and awareness by providing information on measles symptoms and prevention

II. Clinical Presentation

Measles (rubeola) is a highly contagious acute viral respiratory illness. It is characterized by a prodrome (early symptom) of fever (as high as 105 degrees F) and malaise, cough, coryza (nasal inflammation and runny nose) and conjunctivitis – the three C's, Koplik spots (white spots in the mouth) followed by a maculopapular rash. The rash typically appears 14 days after a person is exposed, however, the incubation period ranges from 7-21 days. The rash characteristically spreads from the head to the trunk to the lower extremities. Patients are considered to be contagious from 4 days before the rash appears to 4 days after the rash appears. Complications can include otitis media, diarrhea, bronchitis, pneumonia, encephalitis, seizures and death.

People at high risk for severe illness and complications from measles include: infants and children under 5 years of age, adults over 20 years of age, pregnant women, and those with compromised immune systems.

Recognizing symptoms

- High fever (up to 105F)
- Cough, runny nose, and red, watery eyes
- White spots inside the mouth (Koplik spots)
- Rash that starts on the face (hairline) and spreads downward

III. Infection Control/Isolation and Containment

Measles is one of the most contagious of all infectious diseases, infecting 9 out of 10 susceptible persons with close contact to a case. It is transmitted by direct contact with infectious droplets or by airborne spread. It can remain infectious on surfaces and in the air for up to two hours after an infected person has left the area.

If a student or staff presents with symptoms that are consistent with measles, the child or staff member should be isolated from the rest of the school population immediately. The student will be asked to wear a mask if appropriate. If a child or staff member with suspected measles needs medical attention, the medical facility or EMS should be notified ahead of time about the suspected diagnosis as so appropriate infection control measures can be put in place.

If a student or staff is diagnosed with the measles, the person cannot return to school until four days after rash onset. If a person is suspected of having measles, the person should be kept out of school until four days after rash onset or until a medical provider has ruled out measles as a possible diagnosis.

- Immediately isolate the infected individual to prevent transmission (send the student directly to the nurse's clinic, do not have another student accompany the ill student)
- If the student is in Pre-K or Kinder, call the nurse to come get the student as soon as possible if the teacher is unable to accompany the child to the nurse's clinic.
- The student will be required to stay home from school and social gatherings for at least **4 days after rash onset.**
- **The school nurse will notify the health department and follow any instructions given. Nurse will notify the parents of students who have been in close contact with the infected student.**
- Exposure in the school setting is defined as: Any student who is in the same airspace as a person with measles, or in a shared air space vacated by an infectious measles patient within the prior 2 hours.

If a person at school is diagnosed with measles, extensive follow up will most likely be needed. The local or state health department will assist with determining and carrying out appropriate follow up, but it may include:

- Identifying anyone exposed
- Reviewing the vaccination records for all students
- Reviewing staff and faculty vaccination records
- Notifying parents and staff about the exposure
- Identifying sick children/staff
- Excluding children/staff from school

Because measles is so infectious, the following individuals should be considered exposed:

- Anyone who was in the same room as the ill individual during the infectious period (four days before rash onset until four days after rash onset).
- Anyone that was in the room up to two hours after the ill individual left the room during the infectious period.
- Schools where the students change classrooms, or share common areas such as a cafeteria, will likely need to consider all students/staff exposed due to the possibility of exposure in the hallways and other common areas.

i. If a vaccinated individual (has had 2 doses of MMR vaccine) is exposed to measles, the parent will be notified and educated on signs and symptoms of measles, but quarantine is not warranted unless the exposed individual develops symptoms. The exposed individual should monitor for

symptoms starting day 5 through day 21 from exposure. If symptoms develop, individual should quarantine until 4 days after rash onset.

ii. Any unvaccinated student or student with an unknown vaccination status that is exposed will be excluded from school for 21 days unless post-exposure prophylaxis (PEP) is received. If they have received one dose of MMR, they are able to receive a second dose after exposure and return to school while monitoring for symptoms from day 5-21 post exposure.

iii. If a student is considered unvaccinated (has had no vaccinations against measles, and they refuse PEP, they must be excluded from school for 21 days post exposure, or 4 days post rash onset if they develop symptoms.

IV. Notification and Communication

Internal Communication:

- Alert the nurse, administration and relevant team members or faculty
- Limit exposure to others by limiting movement in affected areas, ask student to wear a mask if appropriate.

External Communication

- Report any confirmed cases to local health authorities (Nurse will report to the health dept. at (940)349-2919)
- Nurse will notify any individuals who may have been exposed, especially those at high risk, (i.e.. Immunocompromised students)
- School will follow all recommendations from health department at the time of reporting

V. Disease Reporting and Exclusion Requirements/Statute

Healthcare providers, hospitals, laboratories, schools and childcare facilities are required to immediately report patients who are suspected of having measles (Chapter 97, Title 25, Texas Administrative Code). Reporting should not wait for confirmation. The Texas Administrative Code (Rule 97.7) requires exclusion of students with measles or suspected measles for four days after rash onset.

People suspected of having measles should be told to stay home from work, school, daycare and any public outings (e.g., church, grocery store, shopping centers, etc...) until four days after rash onset have passed. Susceptible or unvaccinated individuals that have been exposed to measles and did not receive post-exposure prophylaxis (PEP) should stay home for 21 days after exposure.

VI. Workplace/School Decontamination

Cleaning Procedures:

- Disinfect surfaces and objects that may be contaminated (area will be sanitized with BenzaRid that is located in nurse's office)
- Increase the circulation in any affected spaces, open window with box fan to suck air out is preferred.

Protective Measures for Staff:

Ensure those handling potentially infected materials wear masks and gloves (these are located in the nurse's office)

VII. Education and Awareness

Train staff and community members on measles symptoms and prevention. Hand hygiene, cough and sneeze etiquette

VIII. Return to work/school policy:

- Individuals who have been immunized may return 4 days after rash onset if they are fever free without medications for 24 hours. This means they do need to quarantine for at least 4 days after rash onset.
- Individuals who are unimmunized may return 21 days after the last date the unimmunized child was exposed unless post exposure prophylaxis (PEP) is received. This means unimmunized individuals must quarantine for 21 days post exposure.
- Please refer to definition of exposure.

IX. Workplace/School Closure (if needed)

Follow Health Department guidance on temporary closure if a case of measles is suspected/diagnosed.