

Pavilion Pediatrics Measles Update

April 2019



Photo: This image depicts a maculopapular rash on an infant's face. Courtesy of CDC/Molly Kurnit, M.P.H.



Photo: This image depicts Koplik spots inside the cheeks of a person's mouth. Courtesy of the CDC.

What is Measles?

Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. Measles produces an acute viral respiratory illness characterized by a prodrome of fever, cough, runny nose, and conjunctivitis lasting for two to four days, followed by the development of a flat, red, spotty rash that spreads progressively from the hairline to the face, then to the torso and extremities. This rash often appears eight to twelve days after exposure. Other symptoms include small, white spots inside the mouth on the lining of the cheeks, called koplik spots, swollen lymph nodes, and malaise.

Patients are contagious from four days before to four days after the rash appears. Measles is spread through respiratory droplets and is highly contagious. Measles is transmitted by direct contact with infectious droplets or, less commonly, by airborne spread. Measles is one of the most highly communicable of all infectious diseases. It can spread to others through coughing and sneezing. Also, measles virus can live for up to two hours in an airspace where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected. Measles is so contagious that if one person has it, up to 90% of the people close to that person who are not immune will also become infected.

How do we prevent Measles?

Measles had been declared eliminated in the United States in 2000. This was achieved through routine vaccination of children with two doses of the MMR vaccine, at 12-15 months and 4-6 years of age. One dose of the vaccine provides 93% coverage and two doses provides 97% coverage. The vaccine is safe and offered as part of routine vaccination in the United States.

What do we currently know about Measles in the Baltimore area?

Please find below the latest update from the Maryland Department of Health:



MARYLAND Department of Health

Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary

April 17, 2019

Third Measles Case Confirmed in Maryland

Possible Public Exposures at Three Locations in Pikesville

Baltimore, MD – The Maryland Department of Health (MDH) has confirmed a third measles case in a Maryland resident. The MDH wants to inform anyone who visited the following locations during the times noted below that they may have been exposed to measles.

- 4000 Old Court Rd in Pikesville on Sunday, April 14 from 10:30 a.m. till 1:30 p.m.
- Market Maven (1630 Reisterstown Rd, Pikesville) on Sunday, April 14 from 11:45 a.m. to 2:30 p.m.
- Seven Mile Market (201 Reisterstown Rd, Pikesville) on Sunday, April 14 from 12:45 p.m. to 3:15 p.m.

Individuals who may have been exposed at additional locations are being notified directly.

“It is concerning that three cases of measles have been identified in Maryland in such a short period of time,” said Deputy Secretary for Public Health Frances B. Phillips, RN, MHA. “The measles virus can spread very easily between unvaccinated people, and there have been large outbreaks in several other areas of the country. Vaccination is the best way to stop additional infections. We are asking that Marylanders ensure they and their families are up-to-date on vaccinations against measles and other vaccine-preventable diseases.”

The MDH recommends the following for people who might have been exposed to measles:

- If you are healthy and know you have had two doses of MMR vaccine, you do not need to take any additional actions

- If your immune system is currently weakened by disease or medications, even if you have received two doses of MMR vaccine, call your doctor right away and tell them you might have been exposed to measles as you might need a medication called immune globulin
- If you know you have **NOT** received two doses of MMR vaccine, or if you aren't sure whether or not you have received two doses of MMR vaccine, call your doctor right away to determine next steps since you might need a dose of MMR vaccine or a medication called immune globulin
- Monitor for possible symptoms of measles, such as fever, cough, runny nose, red eyes and rash, and call your doctor before visiting their office so they can make special arrangements to evaluate you, if needed, without putting other patients and medical office staff at risk

Measles is a contagious vaccine-preventable viral infection which is easily spread to unvaccinated persons through coughing, sneezing and secretions from the mouth. The measles virus may remain in the air for up to two hours. Measles symptoms typically develop 10 to 14 days after exposure to the virus but can develop as soon as seven days or as long as 21 days after exposure. Early symptoms of measles are fever more than 101F, runny nose, cough and red, watery eyes. Usually, one to four days after the early symptoms, a red rash appears on the face and spreads to the rest of the body. A person with measles is contagious beginning four days before the rash appears until four days after the rash begins.

If you or your family member needs MMR vaccine, first check with your health care provider. If your health care provider does not have MMR vaccine available, you can reach out to your pharmacist to see if they carry it. In Maryland, a pharmacist may administer any vaccines included in the [CDC's recommended Immunization Schedule](#) to individuals ages 11 to 17 who have a prescription. For those age 18 years or older, prescriptions are not required to administer vaccines as long as they are one of the [adult vaccines listed by the CDC](#). For information about pricing and insurance reimbursement, check with your pharmacist and insurance provider.

Additional information is available on the MDH website at <https://health.maryland.gov/measles>.

What can I do if my child has not yet received his or her complete MMR series?

- For children 0-6 months of age: we cannot give MMR to children less than six months of age, but typically these infants are protected by maternal antibodies obtained in utero
- For children 6-12 months of age: they may receive a dose early; i.e before 12 months of age, but will require another dose after the first birthday to count as the first dose (this assures that they will mount the proper immune response to the vaccine)
- For children between 1 and 4 years of age who have received the first but not the second vaccine of the series: they may receive the second dose early as long as 28 days have passed since the first vaccine

What should I do if my child has been exposed to someone with confirmed Measles?

- For those who have received the two-part MMR series, no additional vaccination or testing of immunity is required
- For children six months and older who are unvaccinated or incompletely vaccinated, i.e. have only received one dose of the MMR vaccine,
 - If the exposure occurred within the last three days, they should receive an MMR vaccine. Please call our office to discuss how and where this should be done.
 - If the exposure occurred within the last 3-6 days, they should receive Immunoglobulin, which can be obtained by contacting the Health Department

What should I do if I am concerned my child has symptoms of Measles?

Call the Health Department to arrange for testing at the home. Individuals who may have Measles should NOT present to the office or Emergency Departments due to the high likelihood of further contagion. If you have any question about this, please feel free to reach out to your provider here at Pavilion Pediatrics

[Read more on our website](#) © Pavilion Pediatrics