

## MEDICAL HEALTH OFFICERS **UPDATE** FOR COMMUNITY PROVIDERS

February 19, 2019

### Measles Update

To view previous  
MHO UPDATES, go to:

[https://  
www.interiorhealth.ca/  
AboutUs/Leadership/MHO/  
Pages/MHOUpdates.aspx](https://www.interiorhealth.ca/AboutUs/Leadership/MHO/Pages/MHOUpdates.aspx)

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Duty MHO line (24/7)

1-866-457-5648

At this time there are **no confirmed cases** of measles in the Interior Health region.

Nine confirmed cases of measles have been reported in British Columbia in 2019.

- All cases have been among residents of the Lower Mainland of British Columbia.

The state of emergency in Washington State related to the measles outbreak unfolding in Clark County is ongoing, with more than 60 cases identified.

With the heightened public awareness of measles Interior Health is anticipating an increase in the number of clients who are presenting with what may be measles.

Interior Health is providing the following guidance to members of the public who believe they may have been exposed to measles and/ or believe they have symptoms of measles:

- *Those who are concerned about their potential measles exposure but have no symptoms can call 8-1-1 or their local [Community Health Centre](#) and speak to a nurse.*
- *Those who have possibly been exposed and have developed the early symptoms of measles should see a doctor. Please call ahead to tell the office they may have measles so the medical office can take precautions to protect other patients from exposure.*

### Considerations for Your Practice:

1. Travellers to the affected communities are at potential risk of exposure to measles. Measles is very infectious and people with measles can infect others prior to the onset of symptoms like fever and rash. Unimmunized individuals and those under one year of age are at highest risk.
2. Encourage your patients to review and update their immunization status, especially prior to any travel. In BC children are offered MMR vaccine at 1 year and 4 years age.
3. Consider measles in individuals presenting with fever and rash.
  - Please have office reception staff screen patients while booking their appointment so that those with fever and rash can be isolated upon arrival. Have these clients wear a facemask and place them in a private room as soon as possible.

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## Considerations for Your Practice—Continued

4. Testing information is:

	Testing	Comments
<b>Measles</b>	Nasopharyngeal for measles virus	Up to 8d after onset of rash
	Urine for measles virus	Up to 14 d after onset of rash
	Serology (IgM/IgG)	Acute +/- convalescent (in addition to NP and/or urine testing)

Please alert the lab if sending a potentially infectious case for testing.

5. Report any suspect measles cases to the MHO on call (1-866-457-5648)

Infection prevention and control practices for your office can be found on page 12 of the *Guidelines for Infection Prevention and Control in the Physician Office*: <https://bit.ly/2S3EkqQ>

### Measles Vaccinations

Measles vaccinations (MMR Vaccine) are available to susceptible clients through Interior Health Public Health.

Consider as immune to measles those persons who have had any of the following:

- birth date before January 1, 1970 B (January 1, 1957 for health care workers);
- birth date on or after January 1, 1970 (January 1, 1957 for health care workers) AND laboratory evidence of measles immunity; or
- documentation of 2 doses of a live measles vaccine at 12 months of age and older and given at least 4 weeks apart.

The eligibility for MMR vaccine for clients 6-12 months of age will be assessed on a case-by-case basis by public health.

### Additional Resources

Interior Health Immunization Information:

<https://www.interiorhealth.ca/YourHealth/Immunization/Pages/default.aspx>

BCCDC Measles Guidelines:

<https://bit.ly/2ImYY0E>

Immunize BC:

<https://immunizebc.ca/>