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NH-HAN 20170717



Confirmed Measles Case Traveled to New Hampshire July 2017

Key Points and Recommendations:

- Healthcare providers should be aware that a person with confirmed measles traveled to Hampton Beach, NH on 7/9/17, and purchased food at 4 beachside establishments during a time when s/he was considered to be infectious.
- Healthcare providers should test for measles in persons presenting with a consistent clinical syndrome of fever, cough, conjunctivitis, and coryza (the three “C”s), followed by development of a maculopapular rash.
- Healthcare providers should ensure their patients are appropriately vaccinated for measles.
- Suspect measles cases should be managed under airborne infection isolation and immediately reported to NH DPHS at 603-271-4496 (after hours 603-271-5300).
- To test for measles, the following specimens should be obtained and submitted to NH Public Health Laboratories:
 - Oropharyngeal, nasopharyngeal, or nasal swab for polymerase chain reaction (PCR)
 - Serum for IgM serology

Situation:

The NH Division of Public Health Services (DPHS) has been notified of a confirmed measles case from another state who spent about 6 hours at Hampton Beach in New Hampshire, on the afternoon of July 9th while s/he was considered infectious. This patient spent almost all time in open air including visits to four casual eating establishments. The incubation period after exposure to measles is typically 10-14 days, but can be as long as 21 days; therefore any secondary cases arising from exposure to this source case are likely to present between now and July 30. There is no role for post-exposure prophylaxis with vaccine or immunoglobulin, but those who are not vaccinated should be encouraged to get vaccinated to prevent future infection.

Presumptive Evidence of Measles Immunity:

Persons can be presumed to have immunity to measles if any of the following criteria apply:

- 1.) Documentation of age-appropriate vaccination for measles,*
- 2.) Laboratory evidence of measles immunity or evidence of past disease, or
- 3.) Birth before 1957 (note: this criteria does not apply to healthcare workers).

*Appropriate vaccination status differs by age and risk of exposure or transmission. Pre-school aged children and adults not at high risk only need one dose of the MMR vaccine. School-aged children in grades K-12, students at post-secondary educational institutions, healthcare

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personnel, and international travelers should have 2 doses of measles vaccine, separated by at least 28 days.

Background Information:

See Measles FAQ

See the most recent ACIP MMR vaccine recommendations for further details:

<http://www.cdc.gov/mmwr/pdf/rr/rr6204.pdf>

For any questions regarding the contents of this message, please contact NH DHHS, DPHS, Bureau of Infectious Disease Control at 603-271-4496 (after hours 603-271-5300).

To change your contact information in the NH Health Alert Network, contact Thom Flynn at 603-271-7499 or email thomas.flynn@dhhs.nh.gov.

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From: Benjamin Chan, MD – State Epidemiologist
Originating Agency: NH Department of Health and Human Services, Division of Public Health Services

Attachments: Measles FAQ

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Measles Exposure at Hampton Beach July 9, 2017 Fact Sheet

What is measles?

Measles is a very contagious viral illness that can be prevented by the MMR vaccination.

How may I have been exposed to measles at Hampton Beach?

A person with measles was at Hampton Beach, NH, from noon until 6pm on July 9, 2017. This individual spent time on the beach as well as at several outdoor locations on Ocean Boulevard.

What should I do if I was at Hampton Beach on that afternoon?

You should be aware that you may have been exposed to measles and call your healthcare provider if you develop symptoms of measles between now and July 30, 2017. Your provider should isolate you in a separate room when you arrive at the provider's office because measles is very contagious. Also, people born in or after 1957 should review their vaccination status to make sure they have been fully vaccinated to protect themselves from a future exposure.

What are the symptoms of measles?

Symptoms appear between 7 and 21 days (usually 10-14 days) after a person has been exposed to someone with measles. Measles usually causes a rash, high fever, cough, runny nose, and watery eyes. It can also cause tiny white spots inside of the mouth. Illness can last one to two weeks. Measles may be complicated by an ear infection or pneumonia. Other less common complications include deafness, blindness, seizure disorders, swelling of the brain, and death. Approximately one child in every 10,000 who gets measles dies from it.

How do people get measles?

People with measles can spread the disease from 4 days before to 4 days after the start of the rash. The virus multiplies in the nose and throat and becomes airborne when an infected person sneezes, coughs, or talks. People nearby can then inhale the virus. Measles is also spread by direct contact with the nasal and throat secretions, such as through touching soiled tissues or sharing a cup used by an infected person.

Who can get measles?

A person who has never had measles and has not been vaccinated, children younger than 12 months of age (because they are too young to have been vaccinated), and adults who were last vaccinated before 1968 (because some early vaccines did not give lasting protection) are at risk for measles. Adults born prior to 1957 are generally considered to be immune to measles because they probably already had the disease.

What is the treatment for measles?

There is no specific treatment for measles except to treat symptoms, such as cough and itching.

How can measles be prevented?

Vaccination is the best way to prevent measles. Children should receive their first dose of measles-containing vaccine between the ages of 12 and 15 months and receive a second dose between ages 4 and 6. It is never too late to vaccinate unvaccinated children and adults.

Anyone with questions can call the New Hampshire Bureau of Infectious Disease Control at 603-271-4496 or 800-852-3345 x4496 or visit the Centers for Disease Control and Prevention website at www.cdc.gov.