

## **Measles Alert: 03-10-2014**

New cases of measles continue to be identified in Orange County and around California. 29 cases have been identified in California thus far in 2014. Six cases of measles been reported to in Orange County since the latter part of December. Two of the OC cases had a history of acquiring illness during travel to Asia, one had a history of exposure to a previous Orange County measles case, and three do not have a history of travel or exposure to travelers or other measles cases. Those infected have ranged from three to 38 years of age, and two cases were hospitalized. Future cases may continue to occur.

### **Signs and Symptoms**

#### Measles

Measles is also an acute viral infection. The incubation period ranges from 7 to 18 days. The most common symptoms are a generalized rash that lasts for more than 3 days and a temperature of more than 101 degrees F. Other symptoms are cough, runny nose, and symptoms of pink eye.

If you experience any of these types of symptoms and traveled recently, have been exposed to someone who has traveled recently, or have not been vaccinated against measles, a medical evaluation is needed. **All contact activities should be avoided such as school or work.**

### **Transmission**

Measles is spread through the air and respiratory droplets from saliva, sputum, or nasal discharge. Touching contaminated surfaces and than touching eyes, mouth, nose etc. can also spread the virus from person to person.

### **Prevention**

The CDC recommends all children over the age of 12 months receive the MMR vaccine series. All adults who have not been previously vaccinated should also receive the series to prevent the spread of these diseases.

For more information regarding these diseases and vaccinations, please visit [www.cdc.gov](http://www.cdc.gov).