

Measles Immunization Recommendations

- Getting the measles, mumps, and rubella (MMR or MMRV) vaccine is the best way to protect yourself and stop the spread of this dangerous disease. The MMR vaccine protects against three diseases: measles, mumps, and rubella. The MMRV vaccine protects against four diseases: measles, mumps, rubella, and varicella (chickenpox).
- They are administered in two doses and are highly effective: two doses are 97% effective against measles and one dose is 93% effective.
- The spread of measles can be prevented if 2-dose coverage of vaccine remains at 95% or above in the community.
- Children may get 2 doses of MMRV vaccine instead.
 - 12-15 months old: 1st dose
 - 4-6 years old: 2nd dose
 - One dose is 93% effective (39-100%), two doses are 97% effective (67-100%)
- Older children, adolescents, & adults also need 1 or 2 doses of MMR vaccine if they don't have evidence of immunity. Doses should be separated at least 28 days apart.
 - One dose as an adult is considered adequate unless high exposure risk, including college students, healthcare workers, and international travelers. Adults with high exposure risk should have two doses.
- Anyone traveling internationally should be fully vaccinated before traveling. Infants 6-11 months old should get 1 dose of the MMR vaccine before travel. They should get 2 more doses after their first birthday. Make sure those 6 months and older are protected against measles at least 2 weeks before traveling abroad.
- MMR & MMRV vaccines usually protect people for life against measles and rubella; but immunity against mumps may decrease over time.
- Most health insurances cover the cost of the MMR and MMRV vaccine. Insured persons should check with their doctor or local pharmacy to see what vaccines are offered. Uninsured or underinsured children and adults can access free or low-cost vaccines at clinics enrolled in the Vaccines for Children (VFC) and Vaccines for Adults (VFA) program.
- More information:
https://www.cdc.gov/measles/vaccines/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fvpd%2Fmmr%2Fpublic%2Findex.html

Clinics Offering Immunizations & Other Information

- AHS clinics, Tuolumne Me-Wuk Indian Health Clinic, Mathiesen Memorial Health Clinic, and MACT.
- Urgent care centers do not offer immunizations, please refer to your primary care provider or health clinic.
- Pharmacies offering vaccines. Pharmacies do not bill Medi-Cal, cash pricing is listed below.
 - Wal-Mart: will vaccinate 6+ years, \$113 cash price
 - Rite Aid: will vaccinate 12+ years, but currently out of stock on MMR
 - Safeway: will vaccinate 6+ years
 - Adventist Health Sonora pharmacies – do not offer vaccinations in pharmacies, please refer to AHS clinics.
- Low or No Cost Vaccines Available through the [California Vaccines for Children \(VFC\)](#) program. Find a VFC provider in your area using the [locator](#).

Presumptive Immunity

- Presumptive immunity is achieved by one of the following:
 - Born before 1957 or
 - Laboratory evidence of immunity
 - Laboratory confirmation of disease
 - Two documented MMR or MMRV immunizations as a child
- Even if presumptively immune, it is possible that immunity has waned in adulthood. Options for concerned people:
 - Obtain titer (approximately \$145 if not covered by insurance at Adventist Health Sonora lab or \$142 self-pay at Questhealth.com)
 - ASH require prescription from provider and Questhealth.com does not
 - Results may take a week or so
 - Vaccinate if no evidence of immunity
 - Get boosted without titer (approximately \$133/dose if not covered by insurance)
 - Medicare Advantage and Medicare D does pay for vaccine when Rx written by provider
 - Booster is available locally in some clinics and at some pharmacies – call in advance to ensure availability
 - For all insurances, get a prescription for booster or titer from primary care.
 - For more information on the current outbreak in Texas and New Mexico and recommendations for travel to that area, please see [Health Alert Network \(HAN\) - 00522 Expanding Measles Outbreak in Texas and New Mexico and Guidance for the Upcoming Travel Season.](#)

Infectious Period

- Measles is very contagious and can be serious. It spreads through the air when an infected person coughs or sneezes. You can get measles just by being in a room where a person with measles has been. This can happen even up to 2 hours after the person has left.
- Measles infectious period is from four days before rash onset through four days after rash onset (rash is day 0). In other words, the infected person can spread the disease up to four days before a measles rash appears and up to four days after the rash appears.
- Measles incubation period is from exposure to onset of symptoms which is generally 7 to 21 days.
- Exposed individuals who have been free of symptoms for more than 21 days after exposure are no longer at risk.

Actions to Take After Exposure

- Review their immunization and medical records to determine if they are protected against measles. People who have not had measles infection or received the measles immunization previous may not be protected from the measles virus and should talk with a healthcare provider about receiving measles, mumps, and rubella vaccine (MMR).
- Contact and notify their health care provider as soon as possible about a potential exposure if they are pregnant, an infant, have a weakened immune system and/or are unimmunized regardless of vaccination history.
- Monitor themselves for illness with fever and/or an unexplained rash from 7 days to 21 days after their exposure (the time period when symptoms may develop).
- If symptoms develop, stay at home, and avoid school, work, and any gatherings. Call a healthcare provider immediately. Do not enter a health care facility before calling them and making them aware of your measles exposure and symptoms. Public Health can assist health care providers in appropriately diagnosing and managing your care.

General Measles Information

- Measles spreads easily through the air when an infected person breathes, talks, coughs, or sneezes. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected.
- The virus can stay in the air and on surfaces for many hours, even after the infected person has left.
- A person infected with measles can pass it on to others before they feel sick or have symptoms.
- Young children and those who are pregnant or have weakened immune systems are at a higher risk for life-threatening complications from infection.
- Measles can cause serious health complications, especially in children younger than 5 years of age. Common complications are ear infections and diarrhea. Serious complications include pneumonia and encephalitis.
- More information:
 - <https://www.cdc.gov/measles/about/index.html>
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx#>

Common symptoms for measles include:

- High fever (higher than 101° F)
- Cough
- Runny nose
- Red and watery eyes (conjunctivitis)
- Rash 3-5 days after other signs of illness. The “measles rash” typically starts at the face and then spreads down to the rest of the body.