

[Date]

Dear [ ],

We are sending this letter to inform you that you and/or your family member may have been exposed to a person with measles while in the waiting room at the UC Davis Medical Center Emergency Department on March 17, 2019.

**You will need to notify your primary health care provider(s) and your child's provider(s) of this possible exposure to discuss your possible risk of infection, vaccination history, and other questions you may have.** If other family members were with you in the waiting room on the day of your visit, they will want to notify their doctors as well. If you have any questions, please call the Infection Prevention Department at (916) 734-3377.

Measles is a contagious viral illness. Measles typically begins with a mild to moderate fever accompanied by cough, coryza (runny nose), and conjunctivitis (red, watery eyes). Some cases also report diarrhea, nausea and vomiting. Two to three days later there is generally a fever and a red, blotchy rash appears, usually first on the face. This rash rapidly spreads downward to the chest and back and finally to the thighs and feet. The rash fades after about a week.

Measles is spread through the respiratory route and can live in the air for up to an hour in the airspace where an infectious person has coughed or sneezed. Other people can become infected by breathing the contaminated air. The time from being infected with the virus to developing symptoms can be as long as 21 days, but is typically 9-12 days.

People with measles are infectious themselves from four days before to four days after the onset of the rash. **Anyone diagnosed with measles or suspected of having measles should stay home for the four days after the onset of the rash.** However, infected people without symptoms of measles may still be able to transmit the virus.

Vaccination against measles is the best protection against measles infection.

- Children usually receive the first dose of mumps, measles, and rubella vaccine (MMR) at 12-15 months of age and the second dose at 4-6 years. MMR vaccine is not recommended for children under 1 year old.
- Adults who have not had two doses of MMR vaccine can receive the vaccine. However, pregnant women or people that are immunocompromised should not receive it.
- While vaccination is currently the best protection against measles infection, no vaccine or medicine is perfect, and vaccinated individuals may still become infected.
- In order to receive the vaccine in the best time to prevent measles after this exposure you will need to see your primary care provider within 3 days.

Thank you for your attention and consideration. Our top priority is always to provide high-quality care for each and every patient in a safe environment. While protocols are in place throughout our hospital and clinic waiting areas to prevent the spread of infectious diseases, we were not alerted to this patient's symptoms in advance. We regret any inconvenience this potential exposure may cause you, and appreciate your patience and understanding.

Sincerely,



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