

INFORMATION FOR PHN'S ABOUT MEASLES INQUIRIES

1. **Assess** if the client has been identified as a contact to a suspect or confirmed measles case.

Ask for the details regarding location, time and extent of measles exposure. If yes, refer to the [Measles Contact Investigation and Management Tool](#).

2. If the client has NOT been identified as a contact but is concerned about measles:

Assess for symptoms:

Clinical illness is characterized by all of the following:

- fever 38.3°C or greater;
- cough, coryza (runny nose) or conjunctivitis; and
- generalized **non-blanching** maculopapular rash for at least three days.

Note: Atypical cases in immunocompromised or partially immune persons may lack hallmark symptoms.

Prior to the onset of rash, bluish-white Koplik's spots, which are pathognomonic for measles, may be seen in the oral mucosa.

If client is symptomatic:

- advise them to call their health care provider ahead of time alerting them that they may have measles (this is so MD can assess and proper precautions can be put in place). If the client does not have a health care provider, PHN to facilitate follow-up at a walk in clinic / Walk -In- Connected-Care.
- Clients should be advised to self-isolate (i.e., avoid public places, public transit, gatherings or travel) until assessed further.
- If client meets the clinical criteria, gather info using the Measles case form: [VACCINE PREVENTABLE DISEASE INVESTIGATION FORM \(gov.mb.ca\)](#)
- Report info to CD Coordinator. If after hours call 204-788-8666 and ask for the Medical Officer of Health on call.

If client is asymptomatic:

- Provide teaching, education, and assess for measles susceptibility.
- PHN should review measles immunization status in PHIMS, recommend follow-up with their health care provider as per [MMR vaccine eligibility - Manitoba Health](#)

Information for the Client

What should I do if I think I have measles?

- If you have fever and a rash and think you may have measles, especially if you have been in contact with someone with measles or traveled to an area with a measles outbreak:

- Have yourself examined by a health care professional. **It is best to call ahead so that you can be seen quickly and without infecting other people.** Measles can spread easily in places like waiting rooms and emergency rooms. The doctor or triage nurse can make sure that you are taken into a closed area for an examination and attend the clinic at a time when the waiting room is empty.
- Bring your immunization record with you.
- A physical examination, blood test, and throat swab or urine sample will be collected to make the diagnosis of measles.

How can I prevent spreading measles to others?

- The measles virus can be spread for up to 4 days after the rash appears. If you have measles you can help prevent spreading it to others by:
 - Staying at home for at least 4 days after the rash first appeared.
 - Wear a mask.
 - Washing your hands regularly.
 - Coughing or sneezing into a tissue or sleeve rather than your hands.
 - Not sharing food, drinks or cigarettes, or kissing others.

[Measles Public Health Factsheet](https://www.gov.mb.ca/health/publichealth/factsheets/measles.pdf)

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