



# Cowlitz County Health and Human Services

PHONE: 360-414-5599 FAX: 360-425-7531

WEBSITE: [www.co.cowlitz.wa.us/hhs](http://www.co.cowlitz.wa.us/hhs)

Main Campus: 1952 9th Avenue, Longview, WA 98632 [askcowlitzhealth@cowlitzwa.gov](mailto:askcowlitzhealth@cowlitzwa.gov)  
 Environmental Health Unit: 207 4th Avenue North Kelso, WA 98626 [OMSeptic@cowlitzwa.gov](mailto:OMSeptic@cowlitzwa.gov)

## Measles Toolkit for Schools and Child Care Facilities Resource Guide

Measles, or Rubeola, is a highly contagious disease caused by the *Measles* virus. It is spread very easily from person to person through infectious droplets when someone breathes, coughs, or sneezes and can lead to serious complications.

The best protection against measles is getting vaccinated with the MMR vaccine.

### Measles Quick Reference

Identify Measles Symptoms				
High fever (can spike up to 104°F)	Red, watery eyes	Cough	Rash	Runny Nose
				
<b>Limit the Spread</b>	<ul style="list-style-type: none"> <li>• Avoid sharing spaces with those who are infected or sick</li> <li>• Cover your coughs or sneezes into a tissue, elbow, or sleeve</li> <li>• Wash your hands with soap and warm water regularly</li> <li>• Keep your child home if they are sick</li> </ul>			
<b>Incubation Period</b>	The time of exposure to start of fever ranges from 7-21 days. Symptoms typically start with fever and cold symptoms, followed by a rash 2-4 days later.			
<b>Period of Communicability</b>	A child with suspected, probable and/or confirmed measles should be isolated and stay home from school/childcare for <b>4 days</b> after they develop a rash. The date of rash onset counts as day 0.			
<b>When to Report to CCHHS</b>	If there is a child confirmed or suspected to have measles at your facility.			

### Recommendations for schools and childcare facilities

- Track and manage staff **AND** student immunization records.
- Track absences due to similar symptoms or causes.
- Review your facility's procedure for parent notifications following an exposure.
- Contact Cowlitz County Health & Human Services at **(360) 414-5599** if you have any questions or need additional resources.

## What if there's a child at my facility with measles?



If a child develops symptoms consistent with measles, isolate them from other children, inform their parents, and encourage them to seek medical care for testing and treatment.



If a child has never had measles, is not vaccinated and is exposed, they will be asked to stay home from school/childcare until **21 days after exposure**.



Children with **2 doses of MMR vaccine do not have to be excluded** upon exposure unless symptoms develop. Monitor for signs and symptoms of rash illnesses compatible with measles for 21 days from the last possible exposure in the childcare.

## MMR Vaccine Recommendation

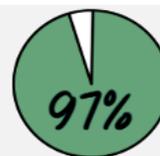
MMR vaccine is required for childcare and school entry in the state of Washington. Work with your healthcare provider to determine what is best for your children and your family.



### Recommended vaccine schedule:

- \* 1st dose between 12 to 15 months
- \* 2nd dose between 4 to 6 years

\*During an outbreak situation, these recommendations may change. Adults who do not have evidence of immunity are recommended to get at least one dose of MMR vaccine. This is a requirement for childcare staff and volunteers in Washington State.



**Two doses of MMR vaccine are 97% effective at protecting people against measles and preventing complications.**

Source: Measles, Mumps, and Rubella (MMR) Vaccination. Centers for Disease Control and Prevention. [www.cdc.gov/measles/vaccines/index.html](http://www.cdc.gov/measles/vaccines/index.html)

## How many days could a child be home?

Below is an example of an exclusion timeline for a child exposed to measles.

