ALERT: Confirmed Measles Case in Peel region

Region of Peel - Public Health has been notified of a confirmed case of measles in a young adult with a recent travel history to a measles-endemic country.

Exposure locations and times include:
1. Sheridan College Library, Davis Campus, Brampton
   - February 9, 2018
   - 12 p.m. to 5 p.m.
2. Brampton Transit, Route 104, Chinguacousy Express
   - February 9, 2018
   - 4 p.m. to 7 p.m.
3. Guardian - Sheridan Pharmacy
   - February 9, 2018
   - 2 p.m. to 5:30 p.m.
   - 373 Steeles Ave W., Brampton, ON

When possible, Peel Public Health may contact individuals directly who may have been exposed to measles to provide recommendations. A media release has been issued to alert those at the listed sites who cannot be contacted individually. Management of these contacts is outlined in this communication.

We are asking anyone who has been notified by Peel Public Health of a potential exposure to measles and those who were at these sites during these dates and times to:
- Check their immunization records to make sure they have had two doses of the measles vaccine (MMR or MMRV). NOTE: Two doses of measles vaccine are recommended for anyone born after 1969.
- Call Peel Public Health
- Watch for symptoms of measles until 21 days after exposure – up to and including March 2, 2018.

Please maintain a high index of suspicion for measles in individuals with febrile illness and rash.

Clinical Features of Measles
- Fever AND
- Cough, coryza or conjunctivitis AND
- Generalized maculopapular rash (usually 2-4 days after the prodrome)
- Incubation period = 7-21 days

Laboratory Diagnosis of Measles

Laboratory requisitions should be clearly marked “stat” and “suspect case of measles”. Include travel history and vaccination status.

Lab tests for measles after rash onset include:
- NP/viral throat swab for PCR testing AND
- Urine (50 mL) for PCR testing AND
- Measles serology (IgM and IgG)
Additional information on measles PCR testing can be found here: 
http://www.publichealthontario.ca/en/Ser\va\ncesAndTools/LaboratoryServices/Pages/Measles_Diagnostic_-PCR.aspx

NP/Throat Swab Virus Respiratory Kit

Infection Control Precautions
Physicians who are contacted by symptomatic patients that may have been exposed to measles should take the following precautions:
- Ensure all office staff are adequately immunized with two doses of MMR, regardless of age, or have serologic proof of immunity to measles.
- A patient suspected to have measles should wear a mask and be placed in a separate room immediately on arrival.
- Whenever possible, suspect measles patients should be assessed at the end of the day.
- After assessing a suspect measles patient, do not use the exam room until at least two hours have elapsed.

Treatment
There is no specific treatment for persons with measles infection. Severe complications can be avoided through supportive care that ensures good nutrition and adequate fluid intake.

Individuals diagnosed with measles should be advised to stay home (self-isolate, including but not limited to, isolation from: child care facilities, schools, post-secondary educational institutions, work places, sporting events, healthcare and other group settings; and away from non-household contacts) for 4 days after the appearance of the rash.

Post-exposure Prophylaxis (PEP)
- Immunization with MMR vaccine of susceptible, immunocompetent contacts over 6 months of age within 72 hours after exposure may prevent measles infection.
- Susceptible individuals with a medical contraindication to MMR vaccine (infants under 6 months of age, pregnant women, and immunocompromised individuals) who are within 6 days of exposure should be offered immune globulin (Ig).
- Individuals fully-immunized against measles are not considered susceptible and do not require PEP, even if they have been exposed.

For more information on measles PEP, see the Canadian Immunization Guide (Section on ‘Immunogenicity, Efficacy and Effectiveness’, ‘Post-exposure immunization and outbreak control’):

PEP Window of Eligibility for Exposures in Peel
Persons potentially exposed on February 9, 2018 at the indicated locations and times would be eligible for the appropriate PEP as follows:
- Ig up to and including February 15, 2018

Physicians can contact Region of Peel - Public Health at 905-799-7700 for assistance in accessing Ig or for further guidance on PEP.

Reporting Requirements
Measles is a reportable disease under the Health Protection and Promotion Act. Report suspected cases of measles immediately to Peel Public Health at 905-799-7700. Do not wait for laboratory confirmation.