

# Measles Prevention & Response Guide for Summer Day Camps – Detroit Area



## What Is Measles?

Measles is a **highly contagious** virus that spreads through the air when an infected person **coughs, sneezes, or breathes**. The virus can linger in the air for up to 2 hours after a person with the virus has left the area. 1 in 5 people with measles may need hospitalization

Symptoms usually appear **7–14 days after exposure**, starting with:

- High fever
- Cough
- Runny nose
- Red, watery eyes

And later with:

- Tiny white spots inside the mouth
- A rash of flat red spots starting on the face and spreading to the body

## “Before Camp Starts” Prevention Checklist

### Vaccination & Records

- ❑ Ensure all campers, staff, and volunteers are up-to-date with their Measles, Mumps, Rubella (MMR) vaccine
- ❑ Keep documentation of measles immunity (vaccination records, lab results, or physician notes)
- ❑ Communicate vaccine requirements early to families and staff

### Prepare Your Camp

- ❑ Know how to contact the Detroit Health Department
- ❑ Identify a private isolation space with ventilation (preferably with a separate bathroom)
- ❑ Stock face masks, tissues, disinfectants, and hand sanitizer
- ❑ Educate caregivers and staff on measles symptoms

### Stay Home When Sick

- ❑ Ensure all campers, staff, and volunteers stay home if they're feeling sick or showing any symptoms of illness

### Staff Awareness

- ❑ Train staff to recognize early measles symptoms
- ❑ Designate immune staff to care for isolated individuals, if needed

## REMEMBER:

### Measles isn't “just a rash”

With quick action and proper prevention, we can keep summer camps safe and fun for everyone



## What to Watch Out For During Camp

### Be alert for these measles symptoms in campers or staff:

1

Fever, cough, runny nose, red eyes

2

Tiny white mouth spots (2–3 days in)

3

Rash that starts on the face and spreads (3–5 days in)

## If someone shows signs, do this in the first 10 minutes

### Mask & Isolate

- Give the person a well-fitting face mask (if age 2+)
- Move them to the designated isolation space and keep doors shut and windows open
- If a child, contact parent or caregiver for immediate pickup
- Instruct adults to isolate at home or stay in the camp's isolation area until pickup

### Notify & Clean

- Disinfect isolation area 2 hours after the person leaves, using an EPA-approved disinfectant
- Contact the Detroit Health Department right away:
  - Call **313-876-4000**
  - Visit **detroitmi.gov/health**
  - **Scan the QR code below** for the Communicable Disease School Reporting Form

### Monitor Health

- Watch for serious symptoms (trouble breathing, dehydration, confusion, blue lips)
- Call 911 or emergency room if needed, but be sure to inform them about possible measles contact

## Next Steps After a Suspected or Confirmed Case

### Create a Contact List

- Work with public health officials to identify exposed individuals
- Exclude unvaccinated or non-immune individuals for their safety and to prevent further spread

### Inform Families

- Let parents and caregivers know if their child was exposed and ask them to monitor symptoms for 21 days after exposure
- Send reminders about symptoms and the importance of vaccination to families

### Staff and Volunteers

- Ask staff to monitor themselves and campers for 21 days after exposure

## Resources & Contacts

- **Detroit Health Department:**  
[www.detroitmi.gov/health](http://www.detroitmi.gov/health)  
313-876-4000
- **CDC Measles Toolkit**  
[cdc.gov/measles/toolkit](http://cdc.gov/measles/toolkit)
- **MMR Vaccine Info**  
[cdc.gov/measles/vaccines](http://cdc.gov/measles/vaccines)
- **Cleaning Products**  
[bit.ly/4lfOuOE](http://bit.ly/4lfOuOE)

Scan the QR code to access the Communicable Disease School Reporting Form

