

Measles Prevention and Response Guide for Congregate Settings



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 symptoms of those with measles can include:

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

Prevention in Nursing Homes & Similar Settings

Importance of Prevention

- People living close together and sharing common spaces leads to increased contact
- Some residents may have weaker immune systems
- Measles can spread quickly in these settings
- Measles can cause serious problems like pneumonia, ear infections, or even hospitalization

Vaccination / Immunity

- Make sure all staff, volunteers, and residents are either vaccinated or have had measles in the past
- The best protection is the Measles, Mumps, and Rubella (MMR) vaccine

Know Who is Immune

- Keep records showing who is vaccinated or has immunity using lab tests or proof of a previous infection and ensure staff born before 1957 receive a vaccine

Early Recognition

- Watch for early symptoms like fever, cough, runny nose, red eyes
- If a rash appears, especially after other symptoms, act immediately

Hygiene Practices

- Promote good handwashing
- Cover coughs and sneezes
- Keep shared spaces clean

REMEMBER:

Measles is serious. It spreads fast in settings like nursing homes and can be dangerous. You can protect people. Vaccination, early detection, isolation, and good hygiene are your best tools. Be ready to protect yourselves and your loved ones.



What to Do If Measles is Suspected

ALWAYS REMEMBER TO INFORM YOUR LOCAL HEALTH DEPARTMENT ABOUT POTENTIAL MEASLES CASES

1

Give the person a mask (from age 2+)

2

Move them away from others into an isolation space

3

Remain isolated until medical care is arranged or they leave

Isolation and Protective Measures

- Use a separate room with a solid door for anyone who has measles symptoms, and if possible, one with its own bathroom
- If available, use an airborne infection isolation room (AIIR)
- Staff caring for those with suspected measles should use proper respiratory protection (e.g. N95 respirator)
- After someone with measles symptoms leaves a room, it should remain empty for at least 2 hours, before disinfecting surfaces using proper cleaners
- Staff or volunteers with measles symptoms should stay home
- All visitors should be screened for measles symptoms
- For those without a proof of measles immunity, limit their exposure to those with symptoms
- Watch for serious symptoms, including trouble breathing, dehydration, confusion, or blue lips
- Call 911 or the emergency room if needed, and be sure to inform them about possible measles contact

Next Steps After Exposure and Preparing Ahead

- Make a list of all residents, staff, and visitors who were in contact with the sick individual
- Use bed maps or daily logs
- Your local health department may recommend giving vaccine or other medication after exposure (e.g. post-exposure prophylaxis)
- Watch exposed individuals for symptoms for up to 21 days, or longer if given certain treatments
- Send reminders to families about symptoms and the importance of measles vaccinations
- Contact your local health department for more information
- Craft a plan for how to isolate someone with measles
- Gather a supply of masks, respirators and records of immunity for everyone
- Prepare a communication plan so staff, volunteers, and residents know what to do

Resources & Contacts

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

Scan the QR code to access the Communicable Disease Reporting Form



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



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“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

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