

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
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 School Reporting Form

