



**COUNTY OF SAN LUIS OBISPO HEALTH AGENCY
PUBLIC HEALTH DEPARTMENT**

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PROVIDER HEALTH ALERT

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Measles Patient Identified in San Luis Obispo County

The County of San Luis Obispo Public Health Department confirmed today that an adult resident of the county has the measles virus.

The unvaccinated adult had contact with international travelers over the holidays, showed symptoms of measles starting January 3rd and visited Twin Cities Community Hospital emergency department on January 8th and 9th.

This case in San Luis Obispo County follows a recent outbreak of measles in Los Angeles County and one case in neighboring Santa Barbara County. It is currently not known if the cases are related.

Measles is highly contagious; it is spread through the air from person to person through coughing or sneezing. The incubation period is 7-21 days after exposure. Measles typically begins with high fever, cough, runny nose, and conjunctivitis. Two or three days after symptoms begin, tiny white spots (*Koplik spots*) may appear inside the mouth. Then [a rash of tiny, red spots](#) appears, starting on the face and spreading to the rest of the body.

People with measles are usually contagious for about nine days, including the four days before their rash starts, the day of rash onset, and ending four days after. Any person who believes they have been exposed to measles should be on the alert for 21 days after exposure, to watch for symptoms of respiratory illness with fever, followed by a rash.

Per the Center for Disease Control and Prevention (CDC) recommendations, people who have had measles in the past or who have been vaccinated against measles (2 doses of the MMR vaccine) are considered immune. People born in the US before 1957 are unlikely to be susceptible to measles, but may consider getting a dose of the vaccine. Young infants, pregnant women, and those with severe immunocompromising health conditions who may have been exposed are at particular risk. Some of these high-risk patients might be eligible to receive measles immunoglobulin to decrease the risk of contracting measles.

For any suspected measles cases, please contact the Public Health Department at 781-5500. For more information about measles, please visit www.cdc.gov/measles.