

Measles:

Information for Youth Camps



Measles is not just a little rash.

It can spread very quickly person-to-person **through the air** when an infected person breathes, coughs, or sneezes. Even brief contact or being in a shared space with someone who has measles can put you at high risk for getting the disease if you are not protected.

One person with measles can spread it to nine (9) out of 10 unprotected people around them.

Symptoms Include:

- High Fever.
- Cough.
- Runny nose.
- Red, watery eyes.
- Rash—usually starts on the head and spreads down to the rest of the body.

Measles is contagious from four days before the rash appears through four days after the rash appears.

Measles can result in a medical complication for approximately three (3) out of 10 people who are infected.

Complications can include:

- Ear infections.
- Pneumonia (infection of the lungs).
- Encephalitis (swelling of the brain, which can lead to seizures).
- Diarrhea (which can lead to dehydration).
- Death.



DID YOU KNOW?

Measles virus can remain in the air for up to two (2) hours after an infected person leaves an area.

What is the treatment for measles?

- There is no specific antiviral therapy for measles.
- Medical care is supportive and helps to relieve symptoms or complications, such as bacterial infections.

The measles, mumps, and rubella (MMR) vaccine is the best way to protect against measles virus infection.

- The first dose of measles vaccine is routinely provided at ages 12-15 months with a second dose at 4-6 years.
- Teenagers and adults who are not protected against measles should get two doses of MMR vaccine separated by at least 28 days.

MMR can be given to children as young as 6 months of age who are at high risk of exposure, such as during a **community outbreak** or **international travel**.

If MMR vaccine is given between 6–11 months, two additional doses are still needed after 12 months of age.

Two doses are about 97% effective at preventing measles. One dose is about 93% effective at preventing measles.

The MMR vaccine can be found at most doctor's offices, local health departments and pharmacies (depending on child's age).



TIPS FOR CAMPS

- **Work with your local health department to establish lines of communication before your camp opens.** Know who you will call at the health department if you suspect someone has measles, and who at the camp will be responsible for making the call. You can find your local health department contact information [here](#).
- **Know camper and staff vaccination status.** Review the vaccination status for each camper and staff member. This will help public health officials with any follow-up activities needed to prevent further spread of the disease, if a case of measles is identified.
- **Direct families to keep children home if they are sick.**
- **Provide educational materials to families on measles prevention, including the importance of vaccination and how to recognize symptoms.**
- **Educate staff on measles prevention, recognition of symptoms, and appropriate response protocols.**
 - o Ensure camp healthcare providers, including the camp nurse or person responsible for health-related issues, is educated about standard and airborne precautions. For additional information, see the Centers for Disease Control and Prevention's (CDC) "[Interim Infection Prevention and Control Recommendations for Measles in Healthcare Settings](#)."

- **Promptly isolate campers and staff with suspected measles.** Immediately notify the camp nurse or person responsible for health-related issues. Keep the ill individual away from the rest of the group to avoid spreading measles to others.
 - o Provide the ill individual a face mask to wear, if they are able to tolerate it. Encourage respiratory etiquette.
 - o If possible, the camp nurse or person responsible for health-related issues should have documentation of two doses of MMR vaccine or laboratory evidence of immunity to measles. Anyone interacting with the ill individual should wear an N95 or higher-level respirator and perform a user seal check each time the respirator is donned.
 - o Place the ill individual in an isolated room with the door closed. Ideally, this space should have access from the outdoors. Keep the room empty for at least two hours after the ill person leaves, since measles virus can remain in the air for up to two hours.
 - o Infected people can spread measles to others from four days before through four days after the rash appears (with day of rash onset considered day zero). Therefore, infected people should isolate at home for four days after the day they develop a rash.
- **If a suspected measles case occurs at camp, advise camp staff and the parents of all children attending camp to:**
 - o Watch for signs and symptoms of measles in themselves or their child for 21 days, even if the child or staff member is vaccinated against measles.
 - o Keep children home if they are experiencing symptoms such as fever with cough, runny nose, or red, watery eyes.
 - o Seek care with a healthcare provider if a staff person or child might have measles. Call the healthcare facility before arriving (if possible) to inform them the person might have measles so the facility can provide care while protecting others.