

SCHOOL NURSE GUIDE: IMMEDIATE RESPONSE TO MEASLES



1. Identify

Know the symptoms of measles and **monitor for early signs of infection.**

Incubation (6-21 days)

Prodromal (2-4 days)

Rash (5-6 days)

Recovery (~7 days)¹⁻³

Measles is contagious 4 days before rash onset and remains contagious for 4 days after onset (with the date of onset as "day 0")²

Prodromal (early) symptoms:

- **3 C's:** cough, conjunctivitis, coryza (runny nose)
- **Fever**
- Koplik spots¹

Measles rash:

- **Maculopapular** rash (both flat and raised skin lesions)
- Begins on the **head** and **face** and spreads down the body^{1,2}

*Consider the individual's **MMR vaccination status** and **recent exposure or travel.**¹

2. Isolate

Once a possible measles case is suspected, **immediately mask** the individual and **isolate from others.**

Instruct the student or staff to:

- Wear a well-fitting **mask**.
- **Leave school immediately** and **seek medical evaluation**.
 - If they are unable to leave immediately:
 - Isolate alone in a room with the door closed and windows open.
 - Remain masked while isolating.
 - The room should remain vacant for 2 hours after departure before cleaning.
- **CALL AHEAD** to their primary care provider or urgent care before arriving.⁴

*Responding personnel should be **fully immune** and wear an **N95 respirator** when available.⁴

3. Inform

Notify the Delaware County Health Department of suspected or confirmed measles cases by calling **(484) 276-2100**.

- Call the Delaware County Health Department to report confirmed or suspected cases. **Do not wait for a positive test to notify!**^{3,5}
- County health officials will conduct an investigation and provide guidance.
- **Inform school leadership** and follow school protocols to **identify and notify exposed, at-risk individuals.**^{4,5}

*Maintain accurate school **immunization records** to quickly identify **at-risk individuals.**⁴