






CHOP Guidance – Measles Quarantine for measles susceptible patients who cannot receive PEP

	Your child should stay home for 21 days after exposure.
	Avoid visitors to their home as much as possible. Only allow visitors that have documented immunity* to measles.
	Make sure no visitors have problems with, or are on medications that weaken, their immune system.

Exposure Date	
Date you may continue/restart normal activities	

Your child was exposed to someone who has measles and did not receive postexposure prophylaxis (preventative medicine). We know this is a stressful time for your child and your family, so we would like to provide information to help you get through this time.

This is what you need to know about measles:

- Measles is **spread** through respiratory secretions and by breathing the same air as a person with measles.
- Measles is **very contagious**. People with measles are contagious from four days before they get a rash until five days after the rash starts.
- The **first symptoms** of measles are fever followed by cough, runny nose, and red, watery eyes.
- **Later symptoms** are a rising fever and a rash all over the body.
- Measles can cause **other health problems**. They include ear infection, diarrhea, pneumonia, miscarriage, brain swelling and hospitalization. Measles can even cause death.

Your child cannot or did not receive postexposure prophylaxis :

- There is a good chance that your child may develop signs and symptoms of measles.
- This is what you should do:
 - Because people can spread measles to others before the rash even begins, **your child could be contagious now.**
 - It is very important that your child **stay home and away from other people for 21 full days** after they were exposed. This is the time when your child could get sick and infect other people.
 - We acknowledge that it is hard to keep children living in the same home separate from one another. However, high risk populations could get very sick or even die from measles. The highest risk populations include unvaccinated people, all children <12-15 months of age, pregnant individuals, and those with chronic illnesses.
 - Other children or adults in the home may be in contact with the exposed child if they are immune* without any changes in routine or need for quarantine.
 - For immune* caregivers or siblings, going out of the home is still permitted; however, it is strongly urged that all people in the household self-monitor for symptoms. Symptoms should be reported to the department of health, who may need to test the other family members.
 - **Avoid having visitors** for the full 21 days after your child was exposed; however, if you must have visitors to support the care of your child, ensure that they are immune*.
 - **Your child should NOT go out** shopping, to work, school, daycare, or religious institutions or services during this time.
 - **Monitor** your child who is known to be exposed to measles very closely for symptoms of disease. If your exposed child develops symptoms AND you have other high-risk persons in the home (including children <12-15 months of age) please contact their primary care doctors immediately to discuss any preventative interventions that may be needed.

***Immune caregivers/contacts include those who:**

- Have documentation of having received two (2) doses of the measles/mumps/rubella (MMR) vaccine in their life.
- Have documentation of having received one (1) measles vaccine after 12 months of age if <4 years of age.
- Have a documented history of measles in their lifetime
- Have documented titers against measles
- Were born before 1957
- Do not have any medical conditions or take medications that might cause them to have a weakened immune system

If your child needs to see a doctor, **call ahead** to tell the doctor's office your child may have measles so the office can schedule their appointment when other patients will not be exposed (for example, after hours). The doctor's office may ask your family to use a different entrance or seek care at a different site. Any non-urgent visits should be delayed until after the isolation period is over.

If your child needs emergency care, please **call 911** or go to the emergency room. Notify the ambulance crew or ER front desk immediately on arrival about their measles exposure.

For ALL health care facility visits: ensure that all family members, including the ill child, **wear a mask** (if age-appropriate), or for children too young to wear masks, please employ “tenting” (placing your child in a car seat, stroller, or bassinet covered with a blanket or sheet OR have a caregiver carry the child with a blanket or sheet over their head like a nursing cover). **Notify** the ambulance crew or ER front desk immediately on arrival about their measles exposure

Special Instructions if you are going to the Children’s Hospital of Philadelphia Emergency Room:

Do not enter the garage or the building. If you are arriving by car, drive to the ambulance entrance outside the ER. On arrival, call 267-426-8462 (Philadelphia Campus) or 445-428-3030 (King of Prussia Campus). Identify yourself as someone with “concern about measles” and ask to speak with the charge nurse for further instructions. The clinical team will safely expedite you to a patient room as indicated.

Once the 21-day period has passed, talk to your doctor about getting the **measles vaccine** to prevent you or your child from getting sick in the future once they are old enough to receive the vaccine.

Questions?:

Call your primary care physician.

Call your Department of Public Health:

PA Counties: Philadelphia 215-685-6740; Delaware 484-276-2100; Bucks 215-345-3318; Montgomery 610-278-5117; Chester 610-344-6252,

NJ Counties: Trenton 609-392-2020; Atlantic 609-347-5663 or 609-645-5934; Burlington 609-265-5548; Camden 856-374-6037; Gloucester 856-262-4101; Ocean 609-492-4212

Delaware State: Office of Infectious Disease Epidemiology during regular business hours (302-744-4990) or the state’s 24-hour reporting line at 1-888-295-5156