

New Case of Measles Confirmed in Vancouver

A resident of Vancouver Coastal Health was diagnosed with measles on February 7th, following recent travel to the Phillipines. Other residents of VCH may have been exposed to the disease between January 28th and February 4th. Given this latest case and the ongoing measles outbreak in southern Washington State and Portland, Oregon, we ask that physicians remain vigilant for further clinical cases of measles. Measles initially presents with a fever, cough, runny nose, and conjunctivitis, which is then followed a few days later by a red maculopapular rash. The rash begins in the hairline and spreads rapidly to the face, trunk and limbs. Koplik spots, if present, fade as the rash appears.

If you suspect that you have a patient presenting with measles, please immediately notify the Medical Health Officer at 604-675-3900 (After hours: 604-527-4893) and take the following steps:

- 1) Promptly isolate patients with suspect measles.** Measles is airborne and highly infectious. To protect other patients, please provide them with a surgical mask and place them in a private room immediately. Importantly, the exam room should not be used for two hours after the patient has left. Suspect cases will need to stay isolated at home until four days after rash onset.
- 2) To confirm the diagnosis,** please collect a nasopharyngeal or throat swab (using a COPAN red top swab) and collect a urine sample for measles virus detection. Collection of blood for serologic testing is also advised (request testing of measles IgG and IgM; mark as 'ACUTE measles').

Please take this opportunity to immunize against measles. Two doses of MMR vaccine are recommended for patients born after January 1, 1970; those born before that date are considered to be immune. Patients with an uncertain immunization history may also be immunized. Be sure to review contraindications to MMR vaccine and inform patients of side effects.

You can reach a Medical Health Officer in Vancouver at 604.675.3900 Toll free at 1.855.675.3900
For public health emergencies after hours contact the Medical Health Officer on call at 604.527.4893

Vancouver Medical Health Officers
Dr. Patricia Daly (Chief Medical Health Officer)
Dr. Réka Gustafson, Dr. John Harding, Dr. Althea Hayden, Dr. James Lu

To receive Physicians' Updates by email please contact us at: vchregistrationcdc@vch.ca