



Los Angeles Police Department  
Counter-Terrorism and Special Operations Bureau

EMERGENCY PREPAREDNESS  
*BULLETIN*

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Prepared by Emergency Services Division

## Measles Outbreak Advisory

**Safety Message:** With widespread outbreaks of measles occurring within Los Angeles County, the chance of exposure to measles has increased. Through a variety of programs, community partnerships and services, the Los Angeles County Department of Public Health (LACDPH) oversees environmental health, disease control, and community and family health. The LACDPH urges residents, especially those who travel internationally and those who have not been fully protected against measles, to become vaccinated with the measles immunization to protect themselves and others from the spread of measles.

As of May 7, 2019, there are eight measles cases among Los Angeles County residents, and six non-resident measles cases that traveled through Los Angeles County. Of the eight measles cases among residents, three are not linked to any of the others, and two of these cases are linked to international travel. The majority of the cases were unvaccinated.

### What are measles?

Measles, also called Rubeola, is a **very contagious respiratory infection**. Measles spreads when people breathe in or have direct contact with virus-infected fluid. It can pass **through droplets sprayed into the air when someone with measles sneezes or coughs**. Someone exposed to the virus usually shows symptoms between seven and fourteen days after the initial exposure. Measles is considered very contagious. Studies show that nine out of ten people who are not vaccinated for measles will become ill with symptoms if they are near an infected person.

### What are the symptoms of measles?

Measles symptoms include a rash that breaks out three to five days after flu-like symptoms begin, which may include a high fever up to 104°F (40°C). The red or reddish-brown rash usually begins with flat red spots on the forehead. It then spreads to the rest of the face and down the neck and torso to the arms, legs, and feet. The fever and rash usually subside after a few days. **People with measles can spread the disease from four days before the rash starts until about four days after that.** A person is most contagious while they have a fever, runny nose, and a cough.

### How is measles treated?

Measles is caused by a virus, so there's no specific medical treatment for it. **The best way to protect yourself and your family from the measles infection is to receive the vaccination.** For most children, the vaccine is part of the childhood vaccination schedule starting at age 12 to 15 months old, and again when a child is between the age of four to six years old.

### **Where can I get the measles vaccination?**

Measles immunizations are available at your healthcare provider, local pharmacy or health clinic, and certain Emergency Medical Service workers are covered by the Respiratory Protection Regulation.

**Public Health clinics offer no or low-cost immunizations for individuals who are uninsured or underinsured.**

Additional information on measles and the LACDPH's response to the outbreak can be found at <http://publichealth.lacounty.gov/media/measles/>.

Any questions regarding the content of this bulletin should be directed to the Emergency Preparedness Unit, Emergency Services Division, at (213) 486-5730.

### **REFERENCES**

- <http://publichealth.lacounty.gov/media/measles/>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx>
- <https://www.cdc.gov/measles/index.html>