



North Carolina Department of Health and Human Services  
Division of Public Health

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April 17, 2013

To: All North Carolina Health Care Providers  
From: Megan Davies, MD, State Epidemiologist  
Re: **Measles Outbreak in North Carolina (1 page)**

**Summary:**

Seven cases of measles have been identified among residents of Stokes and Orange Counties. The index case developed symptoms on April 4, shortly after returning from a trip to India. The diagnosis of measles was confirmed by the State Laboratory of Public Health on April 16. The most recent case developed symptoms on April 14. All seven cases have occurred among persons who were not vaccinated against measles.

Local health departments in Stokes, Orange, Polk and Guilford Counties are investigating exposures to these cases that occurred in a variety of public and private settings. Although every effort is being made to identify all contacts, it is possible that additional cases could occur among unrecognized contacts. The incubation period for measles is usually about 10 days from exposure to fever (range, 7–18 days) and 14 days from exposure to rash (range, 7–21 days).

**Recommendations:**

The following recommendations are provided for North Carolina clinicians in order to rapidly identify any additional cases and control the spread of infection:

- Clinicians are urged to consider the diagnosis of measles in anyone presenting with a febrile rash illness and clinically compatible symptoms (cough, coryza, and/or conjunctivitis).
- Clinicians who suspect measles should immediately contact their local health department or the state Communicable Disease Branch (919-733-3419; available 24/7) to discuss laboratory testing and control measures.
- Any patient presenting with a febrile rash illness should be immediately isolated, using airborne isolation precautions if possible. The infectious period for measles lasts from four days before to four days after rash onset.
- Unvaccinated persons who have been exposed to a person with measles should be advised to stay home for 21 days from the last exposure and limit contact with others to avoid spreading illness.

As a reminder, vaccination with the measles/mumps/rubella (MMR) vaccine is the best way to protect against measles. Clinicians are encouraged to provide MMR to all unvaccinated patients who are eligible for this vaccine. Please contact your local health department or the North Carolina Immunization Branch (919-707-5550) with any questions.

[www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.publichealth.nc.gov](http://www.publichealth.nc.gov)

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