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January 21, 2015

TO: Each Supervisor

FROM: Cynthia A. Harding, M.P.H.
Interim Director

SUBJECT: **UPDATE ON MEASLES OUTBREAK IN LOS ANGELES COUNTY
ASSOCIATED WITH DISNEYLAND PARK CASES**

This is to provide you with an update on the outbreak of measles in Los Angeles County associated with the Disneyland and Disney California Adventure Park reported cases.

Background

On January 7, 2015 the California Department of Public Health (CDPH) issued a media release regarding seven cases of measles within the State that were linked to visiting Disneyland or Disney's California Adventure Park in mid-December 2014. The period of exposure was determined to be December 17 through December 20, 2014.

As of today, 60 measles cases have been identified in California, Utah, Colorado, Oregon, Washington State, and Mexico as being related to the Disneyland exposure. Of those cases, to date, 8 lab-confirmed measles cases have been reported by the Los Angeles County Department of Public Health (DPH) among County residents. (The Cities of Long Beach and Pasadena report cases separately to the State for those jurisdictions). Four additional cases are currently under investigation and follow-up by DPH staff. The age range of the current Los Angeles County cases and suspect cases is 5 ½ weeks to 59 years with a mean age of 17 years.

Two doses of the Measles-Mumps-Rubella (MMR) vaccine provide protection against the individual viruses 99 percent of the time. One dose provides protection 95 percent of the time. Of the total number of measles cases in California this year, the majority of the impacted individuals were either not vaccinated fully, or were too young to be vaccinated. Given the number of exposures that likely occurred at Disneyland and from subsequent cases, it would not be unexpected that some previously vaccinated individuals may become ill with the disease.

Transmission and Prevention in Measles Contacts

Measles (rubeola) is a highly contagious viral disease that spreads from person to person by respiratory droplets. Common signs and symptoms include fever, runny nose, cough, conjunctivitis (pink eye) and a rash all over the body. Severe complications are rare but may include pneumonia, encephalitis (swelling around the brain), and even death. A person with measles is contagious from the period four days before the appearance of the measles rash through four days after the rash appears. Susceptible individuals may become ill with measles 8 to 21 days after exposure. Disease control requires rapid identification and assessment of exposed individuals (contacts). Susceptible contacts must be medically monitored to avoid exposing others. Vaccinating contacts within 72 hours after exposure might prevent measles, however contacts must still be medically monitored for the duration of the 21-day incubation period. Contacts with vaccine contraindications may also be treated with immune globulin IG based upon individual medical assessment.

Routine Measles Prevention

Routine vaccination during well-person medical visits with two doses of measles-containing vaccine is the most safe and effective way to prevent the disease. Children should get two doses of vaccine that protect against measles, either the MMR, or the Measles-Mumps-Rubella-Varicella vaccine (MMRV). Adults born after 1957 should get at least one dose of MMR vaccine, unless they can show proof that they were vaccinated or have a lab test that shows that they are immune to measles. Certain adults (college students, international travelers, and healthcare personnel) may be more likely to be exposed to measles and should ask their health care provider if they are due to be vaccinated.

DPH Actions in this Outbreak

DPH reports all measles cases in Los Angeles County to CDPH and staff investigate all local cases and identify potential contacts to try to prevent additional measles cases. These activities include identifying unvaccinated, susceptible persons that had close contact with a measles case. These susceptible contacts are likely to become ill with measles 10 to 21 days after exposure. DPH staff work with such susceptible contacts on voluntary restriction from work or other activities during the 21-day incubation period for measles. In cases of noncompliance, DPH may impose legal orders under authority of the California Health and Safety Code.

On January 8, 2015, DPH distributed an alert through the Los Angeles Health Alert Network to hospital emergency rooms and other healthcare providers about measles in Los Angeles County.

DPH staff is continuing contact investigations on nearly 800 contacts. This entails phone and at times, in-person interviews with anyone who may have had contact with a measles case to determine immunity, and to gain compliance regarding isolation amongst susceptible contacts. In the event that a confirmed case exposed individuals at a school or work setting, unvaccinated individuals at such locations are protected via isolation (e.g., exclusion from school) under authority of the California Health and Safety Code.

The January 8, 2015 Los Angeles County Health Alert has been posted to the DPH website in addition to other helpful documents related to Measles and the MMR/MMRV vaccine.

For more information about measles, please see:

<http://www.publichealth.lacounty.gov/ip/DiseaseSpecific/Measles.htm>.

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We will provide additional updates as necessary. In the meantime, if you have any questions or need additional information, please let me know.

CAH:rkf

c: Interim Chief Executive Officer
County Counsel
Acting Executive Officer, Board of Supervisors