City of Long Beach
Working Together to Serve

Memorandum

Date: May 6, 2019

To: Patrick H. West, City Manager

From: Kelly Colopy, Director of Health and Human Services

For: Mayor and Members of the City Council

Subject: **Health Department Responds to an Increase of Measles in California**

The Health and Human Services Department (Health Department) has confirmed one case of measles in an individual living in Long Beach. The individual is an adult and is currently recovering at home. This is the first case of measles in Long Beach since 2015. In addition, the Health Department has responded to several measles exposures within the past month, including a large-scale exposure at the Long Beach Airport (Airport) in which an infectious person visited twice, and several residents who had been exposed to measles while passengers on domestic or international flights.

Long Beach has a diverse population and residents and visitors frequently travel internationally, exposing them to increased risk of airport exposures to measles. Many of the measles cases throughout California have been diagnosed after traveling abroad, including several cases reporting travel to the Philippines where nearly 22,000 people have been infected and several hundred have died.

Response

The Health Department has activated its Department Operations Center (DOC) at a Level III (low level) to allow for pulling staff from various programs to assist with the response, as there are only four staff in the Communicable Disease Control Program (CDCP). To date, activities around measles have included:

Contact and Case Investigations

- Responding to cases of patients with symptoms that could be measles (known as "rule-outs"), multiple times in one day. This requires consultation with providers, infection preventionists, facilitation of specimen collection and transportation, interview of person suspected of having the measles, and isolation orders until tests results are finalized.
- Same-day testing of measles specimens by the Health Department Laboratory, sometimes after hours and on weekends, when there is a patient with measles-like symptoms.

- Maintaining a 24/7 Public Health Duty Officer schedule in which staff can be reached anytime, day or night, for case consultation.
- Responding to flight exposures, which includes locating the passenger to notify them immediately of their exposure, reviewing their immunization status and, if the person is immunocompromised or an infant who is at greater risk of developing measles, the Health Department facilitates preventative treatment at a local hospital. These often occur after-hours.
- Constant communication with neighboring health jurisdictions on potential cases and exposures that often cross jurisdictions.
- Maintaining continuity of operations by continuing to interview and investigate important and often urgent communicable diseases apart from measles, such as pertussis (whooping cough), which has seen very large increases in Long Beach this year and can be deadly for infants who become infected.

Education and Outreach

- Conducting outreach to medical providers on at least a weekly basis regarding updated clinical and laboratory guidance.
- Fielding calls from pharmacists, laboratorians, infection preventionists, and medical providers who have questions on specimen collection and storage, symptom presentation, and isolation precautions in healthcare settings.
- Developing flyers and Frequently Asked Question (FAQ) handouts and other materials to distribute throughout Long Beach and to post on the Health Department's website.
- Translating all public outreach materials.
- Responding to media inquiries regarding measles cases in Long Beach and developing press releases when large-scale exposures occur.

Staff Mobilization and Tracking

- Recording staff time (and overtime) when staff have been pulled to help with measles response activities.
- Requesting that staff working on the response activities provide either documentation of two measles-containing vaccines (most commonly MMR), or results of a positive titer (blood test) that show immunity to measles.
- Creating contact lists of Health Department staff from various programs who bilingual and able/willing to respond to urgent measles investigations both during and after regular work hours.

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When a case of measles in Long Beach is diagnosed, the additional following activities must occur:

- Identifying people who may have been exposed to a single case. In some cases, this is over 1,000 people.
- Requesting immunization documentation from all contacts associated with that case.
- For those who cannot show proof of immunity, the Health Department may issue a Quarantine Notice to prevent unimmune contacts from potentially spreading the disease further.
- Responding to multiple media inquiries.
- Drafting press releases regarding public exposures.
- Notifying neighboring jurisdictions of multiple cross-county exposures.

Prevention

In preparation for additional cases of measles and exposures, we recommend residents review their immunization records.

Most adults are recommended to have one dose of MMR (measles, mumps, and rubella). However, those born before 1957 are presumed to have had measles and are therefore likely already protected against measles. A less effective vaccine was used between 1963 and 1967, so people vaccinated during those years should contact their doctor for further consultation.

Two doses of MMR vaccine are recommended for the following groups:

- Children over 12 months of age: the first should be given at 12 to 15 months of age, and the second at 4 to 6 years of age.
- Students at post-high school educational institutions.
- Healthcare workers.
- People traveling internationally.

Special considerations:

- Infants 6 through 11 months of age should receive one dose of MMR if they plan to travel internationally.
- Women of childbearing age should make sure they are vaccinated before they get pregnant. Measles vaccine cannot be given during pregnancy.

Health Department staff are well-trained to respond to measles. However, the sheer amount of work involved will exceed our capacity. We will continue to redirect staff activities from other programs and to work after hours, as needed.

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For more information on measles, visit: www.longbeach.gov/measles, or contact Emily Holman, Communicable Disease Controller, at emily.holman@longbeach.gov or by phone at (562) 570-4344.

Attachments: Measles FAQ
Measles Travel Flyer
Measles Clinical Flyer

cc: CHARLES PARKIN, CITY ATTORNEY
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MEASLES DISEASE FAQ

LONG BEACH HEALTH & HUMAN SERVICES

There are currently several measles outbreaks occurring in California, most of which have been linked to international travel. There are currently no local cases in the City of Long Beach, however we could see cases in the future. As a result, the City of Long Beach Department of Health and Human Services is working to enhance prevention efforts by increasing education and encouraging individuals to get vaccinated, especially before traveling.

WHAT IS MEASLES?

Measles is a very contagious disease caused by a virus (germ). This virus lives in the nose and throat. Vaccination is the best way to prevent getting and spreading measles.

HOW DOES MEASLES SPREAD?

The virus spreads easily through the air when a sick person coughs or sneezes. The virus can also stay in the air for up to two hours, even if the sick person has left the room. You can become infected by being in a room that a sick person was in or by touching objects that they've touched.

Up to 90% of people who have never been vaccinated against or sick with the measles will get it if they have contact with the virus. A person with measles can spread the disease to others even before they have any symptoms.

WHAT ARE SYMPTOMS OF MEASLES?

Measles can cause these signs of disease:

- High fever (over 101 °F)
- Cough
- Runny nose
- Red watery eyes
- A rash that starts on the face and spreads to the rest of the body

WHAT COMPLICATIONS CAN MEASLES CAUSE?

Measles can cause ear infections and diarrhea. It can also cause serious illness, such as pneumonia, encephalitis (swelling of the brain), and even death. Anyone can suffer complications, however some groups, such as infants and children aged <5 years, adults aged >20 years, pregnant women, and people with weak immune systems due to Leukemia or HIV, are more likely to have serious health problems due to measles.

HOW IS MEASLES TREATED?

There is no treatment for measles. Treatment focuses on relieving symptoms and managing serious health problems that can happen.

WHAT CAN YOU DO TO PREVENT MEASLES?

Getting vaccinated is the best way to keep from getting and spreading measles. The MMR vaccine's safety and effectiveness records are strong. People should get measles-mumps-rubella (MMR) vaccine if they haven't been vaccinated or don't know if they have had MMR vaccine before. Kids should be vaccinated at 12-15 months of age and again at 4-6 years of age. Anyone born after 1957 who hasn't been vaccinated should get their MMR vaccine. Infants between 6 and 12 months old are recommended to get an MMR prior to any international travel. If you're traveling soon and are unsure whether you are immune to measles or don't have two documented MMR, contact your doctor.

WHERE CAN YOU GO TO GET VACCINATED?

Call your doctor to get an MMR vaccine, which may be covered by your insurance. You may also be vaccinated at a pharmacy or at a clinic offering no or low-cost vaccinations.

WHAT SHOULD YOU DO IF YOU THINK YOU MAY HAVE MEASLES?

If you think that you or someone in your family has been exposed to or has measles, call your doctor's office right away. Tell them that you might have measles before you go, so they can take steps to prevent other patients and staff from being exposed.

WHERE CAN I LEARN MORE ABOUT MEASLES?

- California Department of Public Health: https://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx
- Centers for Disease Control and Prevention: https://www.cdc.gov/measles/
- Long Beach Department of Health and Human Services: www.longbeach.gov/measles

City of Long Beach Department of Health and Human Services
2525 Grand Avenue, Long Beach, CA 90815
Phone: (562) 570-4302
www.longbeach.gov/health
Last Updated: April 2019

Traveling abroad is fun. Measles...not so much.

Measles is **extremely contagious** and is spread through coughing and sneezing.

90% of individuals exposed to just **1 person** with measles will get it, if not vaccinated.

Within the United States, most measles related cases are a result of international travel.

About **1 in 4** individuals who get measles will be hospitalized.

1 out of every 1,000 individuals with measles will develop brain swelling.

1 or 2 out of every 1,000 individuals with measles will die, even with the best care.

Protect yourself and your loved ones.

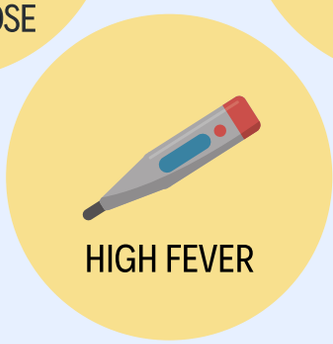
LONG BEACH HEALTH & HUMAN SERVICES

Get vaccinated.

MEASLES

Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS USUALLY INCLUDE:



PROTECT YOUR CHILD

Keep your children safe and protect them against measles by making sure they get the measles-mumps-rubella (MMR) vaccine according to CDC's recommended immunization schedule.

Measles is serious. About 1 out of 4 people who get measles will be hospitalized.

For more information, visit:
www.longbeach.gov/measles

LONG BEACH
HEALTH & HUMAN SERVICES

PREGUNTAS MÁS FRECUENTES DEL SARAMPIÓN

LONGBEACH HEALTH & HUMAN SERVICES

Actualmente hay varios casos de sarampión en California, la mayoría de los cuales se han relacionado con viajes internacionales. No se han reportado casos en la ciudad de Long Beach, sin embargo, existe la posibilidad de que podamos ver casos en el futuro. Como resultado, el Departamento de Salud y Servicios Humanos de la Ciudad de Long Beach está trabajando para mejorar los esfuerzos de prevención aumentando la educación y alentando a las personas a vacunarse, especialmente antes de viajar.

¿QUÉ ES EL SARAMPIÓN?

El sarampión es una enfermedad muy contagiosa causada por un virus (germen). Este virus vive en la nariz y garganta. La vacunación es la mejor manera de prevenir el contagio y la propagación del sarampión.

¿COMÓ SE PROPAGA EL SARAMPIÓN?

El virus se propaga fácilmente por el aire cuando una persona enferma tose o estornuda. El virus también puede permanecer en el aire hasta dos horas, incluso si la persona enferma ha abandonado la habitación. Puedes infectarte al estar en una habitación en la que estaba una persona enferma o al tocar objetos que ha tocado.

Hasta el 90% de las personas que nunca han sido vacunadas o enfermas con el sarampión lo contraen si tienen contacto con el virus. Una persona con sarampión puede transmitir la enfermedad a otras personas incluso antes de que tengan algún síntoma.

¿CUÁLES SON LOS SINTOMAS DEL SARAMPIÓN?

El sarampión puede causar estos síntomas:

- Fiebre alta (101 °F o más)
- Tos
- Secreción nasal
- Ojos enrojecidos y llorosos
- Sarpullido que comienza en la cara y se extiende al resto del cuerpo

¿QUÉ COMPLICACIONES PUEDE CAUSAR EL SARAMPIÓN?

El sarampión puede causar infecciones de oído y diarrea. También puede causar enfermedades graves, como neumonía, encefalitis (inflamación del cerebro) e incluso la muerte. Cualquier persona puede sufrir complicaciones, sin embargo, algunos grupos, como los bebés y los niños menores de 5 años, los adultos mayores de 20 años, las mujeres embarazadas y las personas con sistemas inmunitarios débiles debido a la leucemia o el VIH/SIDA, tienen más probabilidades de tener problemas de salud graves debido a sarampión

¿COMÓ SE TRATA EL SARAMPIÓN?

No hay tratamiento para el sarampión. El tratamiento se enfoca en aliviar los síntomas y controlar los problemas de salud graves que pueden ocurrir.

¿QUÉ PUEDE HACER PARA PREVENIR EL SARAMPIÓN?

La mejor manera de evitar enfermarse con sarampión o contagiar a otras personas es vacunarse. Los registros de seguridad y efectividad de la vacuna MMR son sólidos. Las personas deben recibir la vacuna contra el sarampión, las paperas y la rubéola (MMR) si no han sido vacunadas o no saben si han recibido la vacuna contra la MMR anteriormente. Los niños deben ser vacunados a los 12-15 meses de edad y nuevamente a los 4-6 años de edad. Cualquier persona nacida después de 1957 que no haya sido vacunada debe recibir la vacuna MMR. Se recomienda que los bebés de entre 6 y 12 meses de edad obtengan un MMR antes de cualquier viaje internacional. Si viaja pronto y no está seguro de si es inmune al sarampión o no tiene dos MMR documentados, comuníquese con su médico.

¿DÓNDE PUEDES VACUNARTE?

Llame a su médico para recibir una vacuna MMR, que puede estar cubierta por su seguro. También puede ser vacunado en una farmacia o en una clínica que ofrece vacunas gratuitas o de bajo costo.

¿QUÉ DEBE HACER SI CREE QUE PUEDE TENER SARAMPIÓN?

Si cree que usted o alguien de su familia ha estado expuesto o tiene sarampión, llame al consultorio de su médico lo antes posible. Dígales que es posible que tenga sarampión antes de ir, para que puedan tomar medidas para evitar la exposición de otros pacientes y el personal médico.

¿DÓNDE PUEDO APRENDER MÁS SOBER EL SARAMPIÓN?

- Departamento de Salud Pública de California: https://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx
- Centros de Control y Prevención de Enfermedades: https://www.cdc.gov/measles/
- Departamento de Salud y Servicios Humanos de Long Beach: www.longbeach.gov/measles

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Viajar al extranjero es divertido. Sarampión...no tanto.

El sarampión es **extremadamente contagioso** y se transmite a través de la tos y los estornudos.

El 90% de las personas expuestas a **solo 1 persona** con sarampión lo contraerá, si no está vacunado.

Dentro de los Estados Unidos, la mayoría de los casos relacionados con el sarampión son el resultado de viajes internacionales.

Aproximadamente **1 de cada 4** personas que contraen sarampión serán hospitalizadas.

1 de cada 1,000 individuos con sarampión desarrollarán inflamación cerebral.

1 o 2 de cada 1,000 personas con sarampión morirán, incluso con la mejor atención médica.

Proteja a su familia y a su ser querido.

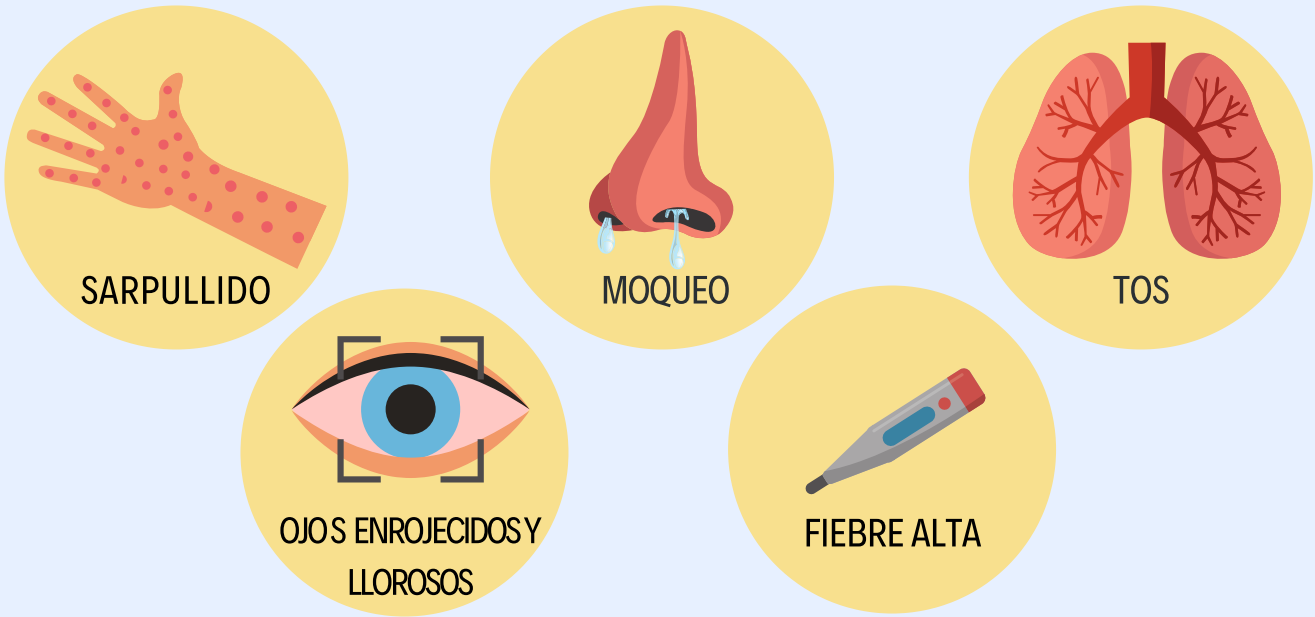
LONG BEACH HEALTH & HUMAN SERVICES

Vacunarse contra el sarampión!

SARAMPIÓN

El sarampión puede ser peligroso, especialminete para los bebés y niños pequeños.

LOS SÍNTOMAS DEL SARAMPIÓN USUALMENTE INCLUYEN:



PROTEGA A SUS HIJOS

Mantengan a sus hijos seguros y protegidos contra el sarampión al asegurarse de que reciban la vacuna contra el sarampión, las paperas y la rubéola (MMR), según el calendario de vacunación recomendado por los CDC.

El sarampión es una enfermedad grave. Aproximadamente 1 de cada 4 personas que contraen sarampión serán hospitalizadas.

Para más información visite:
www.longbeach.gov/measles

LONG BEACH
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MGA MADALAS ITANONG (FAQ) TIGDAS

LONG BEACH HEALTH & HUMAN SERVICES

Kasalukuyan walang mga tigdas na paglaganap na mangyayari sa California, na karamihan na link- sa internasyonal na paglalakbay. Kasalukuyan wala sa local na kaso sa lungsod nang Long Beach, gayun paman maari naming makita ang mga kaso sa hinaharap. Bilang resulta, ang lungsod ng Long Beach Department of health and Human Services ay nagtratrabaho upang mapahusay ang pagsisikap sa pagiwas sa pamamagitan ng pagtaas ng edukasyon at paghikayat sa mga indibiwal na mabakunahan, lalo na bago maglakbay.

ANO ANG TIGDAS?

Ang tigdas ay isang lubhang nakakahawang sakit dulot nang isang virus (mikrobyo). Ang mikrobyo ay nakatira sa ilong at lalamunan.

PAANO KUMAKALAT ANG TIGDAS?

Tuwing umuubo o bumabahin and isang taong may sakit, kumakalat ang mikrobyo sa hangin. Maari itong manatili sa hangin at sa mga nakapaligid na kagamitan sa loob ng mahaba-habang oras. Kaya, maari kayong mahawaan kung kayo ay nasa isang silid na pinuntahan ng isang taong may sakit o sa pamamagitan ng paghawak sa bagay ng hinawakan nila.

ANO ANG SINTOMAS NG TIGDAS?

Ang Tigdas ay maaring magdulot ng alinman sa mga palatandaang ito

- Mataas na lagnat (mahigit 101 °F)
- Ubo
- Tumutulong Sipon
- Mapula at nagluluhang mga mata
- Pantal na nagsisimula sa mukha at kumakalat sa buong katawan.

ANU-ANO ANG MGA KOMPLIKASYONG NAIDUDULOT NG TIGDAS?

Ang Tigdas ay maaring magdulot ng mga komplikasyon, gaya ng mga impeksiyon sa tainga at pagtatae. Maari rin itong magdulot ng malubhang karamdaman, gaya ng pulmonya, encephalitis (pamamaga sa paligid ng utak), at kahit pagkamatay. Ilan sa mg grupo, tulas ng mga nasa edad ng 6-19 taong gulang ay tila may mas kakaunting malubhang problema na dulot ng Tigdas. Ang ibang pangkat naman, tulad ng mga buntis, at mga taong may mahihinang resistensiya malamang ay magkakaroon na mas malulubhang problema sa kalusugan dala ng Tigdas.

PAANO GIGAMOT ANG TIGDAS?

Walang lunas para sa tigdas. Nakatuon ang paggamot sa pagpapaginhawa ng mga sintomas at pamamahala ng mga malubhang problema sa kalusugan na maaring mangyari.

ANO SNG MAGAGAWA NINYO PARA MAIWASAN ANG TIGDAS?

Ang pagpabakuna ay ang pinakamabuting paraan upang iwasang mahawaan at makalat ang tigdas. Ang bakuna sa MMR ay may magandang talaan na nagpapatunay na ito ay ligtas at epektibo. kailangan magpabakuna ng measles-mumps-rubella (MMR) ang mga tao kung hindi pa sila nababakunahan o kung hindi nila alam kung nabakunahan na sila ng MMR. Ang mga bata ay dapat mabakunahan sa edad na 12-15 buwan at muling mabakunahan sa edad na 4-6 na taon . Ang mga kabataan at matatandang ipinanganak pagkatapos ng 1956 na hindi pa nabakunahan ay kailangan magpakuna ng MMR .

SAAN KAYO MAARING PUMUNTA PA MAGPABAKUNA?

Maari ninyong tawagan ang inyong doctor para magpabakuna ng MMR, na maaring sakupin ng inyong insurance. Maaari rin kayong magpabakuna sa isang parmasya o sa isang klinikang nagbibay ng walang bayad o murang bakuna.

ANO ANG DAPAT NINYONG GAWAIIN KUNG SA TINGIN NINYO KAYO AY MAYROONG TIGDAS?

Kung sa tingin ninyo kayo o isa sa myembro ng iyong pamilya ay maaring nalantad sa o mayroong tigdas, tawagan kaagad ang opisina ng inyong doctor. Sabihin sa kanila na maaaring may tigdas kayo bago kayo pumunta, at nang sa gayon makakagawa sila ng mga hakbang upang iwasang malantad and ibang mga pasyente at tauhan.

PARA SA HIGIT PANG IMPOPRMASYON:

- California Department of Public Health: https://www.cdph.ca.gov/HealthInfo/discond/Pages/Measles.aspx
- Centers for Disease Control and Prevention: https://www.cdc.gov/measles/
- Long Beach Department of Health and Human Services: www.longbeach.gov/measles

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Ang paglalakbay sa ibang bansa ay kasiya-siya.

Tigdas...ay di kaaya-aya.

Tigdas lubhang nakakaawa at nakakalat sa pamamagitan ug ubo at pagbahin.

90% ng mag indibidual, na nakalantad sa 1 tao lamang na may tigdas ay makakakuha, kung hindi nabakunahan.

Sa loob ng Estados Unidos, ang karamihan sa kaso ng tigdas ay resulta ng internasyonal na paglalakbay.

Humigit kumulang sa 1 sa 4 na indibidual na nakakuwa ng tigdas ay maoospital.

Sa boat 1,000 indibidual na may tigdas ay bubuo ang utak sa pamamaga.

1-2 sa bawat indibidual na may tigdas ay mamatay kahit na may pinakamahusay ng pangangalaga.

Protektahan ang iyong sarili at ang inyong mgamahal sa buhay.

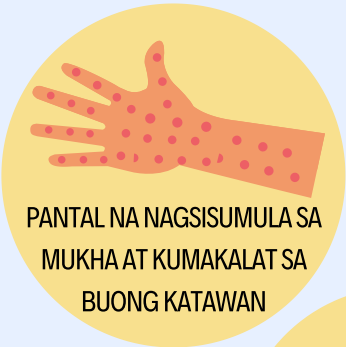
LONG BEACH HEALTH & HUMAN SERVICES

Magpabakuna kontra Tiguas!

TIGDAS

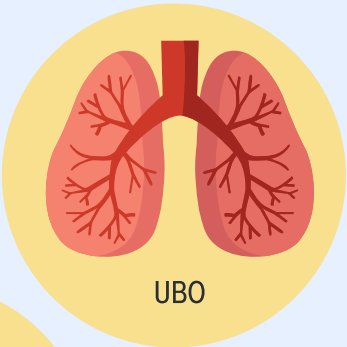
Ang tigdas ay mapanganib lalo na para sa sangol at mga bata

SINTOMAS NG TIGDAS:

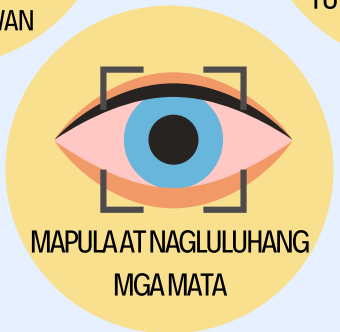


PANTAL NA NAGSISUMULA SA MUKHA AT KUMAKALAT SA BUONG KATAWAN

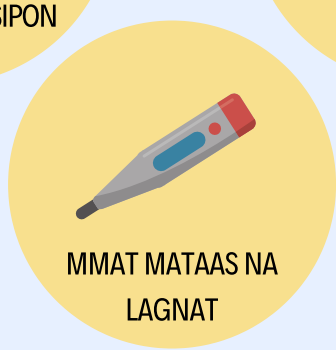
TUMUTULONG SIPON



UBO



MAPULA AT NAGLULUHANG MGA MATA



MMAT MATAAS NA LAGNAT

PROTEKTAHAN ANG IYONG ANAK

Panitilihing ligtas ang inyong mga anak at protektahan laban sa tigdas sa pamamagitan ng pagtiyak na makakuha nila ang bakuna laban sa tigdas- mumps-rubella (MMR) ayon sa rekomendong iskedyul ng CDC

Ang mga tigdas ay sersoyo. Mga 1 sa 4 na taong nakakuha ng tigdas ay maospital

Para sa karagdagan impormasyon bisitahin ang:
www.longbeach.gov/measles

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