To: NSHA Leadership

From: Infection Prevention & Control, Laboratory Services and Occupational Health Safety & Wellness Leadership Teams

Date: April 17, 2023

Message: **Measles Update**

A confirmed case of measles has been reported by Public Health in Central Zone. It is important for Nova Scotia Health team members and onsite medical staff to be prepared by reviewing their immunization records to ensure they are immune to infection and being aware of proper infection control practices. A Measles FAQ for health care workers is available on the Occupational Health Safety & Wellness intranet site.

- Team members and onsite medical staff must meet **one of the following criteria to be considered immune:**
    - Documented evidence of two doses of measles-mumps-rubella (MMR) vaccine
    - Laboratory evidence of immunity (e.g., through blood testing)
    - History of laboratory confirmed infection
- Team members with questions about their immune status should contact their primary care provider or OHSW by emailing OHSWMatters@nshealth.ca. Please include, **Measles Immunity** in the subject line of the email to allow for triaging of inquiries.
- Team members and onsite medical staff who do not meet the definition of immunity, as noted above, may obtain vaccination through OHSW. Please contact your local OHSW office to schedule an appointment for vaccination. Please note, due to COVID-19 protocols *walk-In appointments are not being accepted at this time*.

The most important step in limiting the risk of measles transmission to health care workers is to ensure high coverage rates with MMR vaccine.

In the case of suspected or confirmed cases of measles in Nova Scotia, the immune status of health care staff will be important for the provision of care.

Use of a N95 respirator is required in the care of a suspect or confirmed case, to prepare for this health care workers should ensure they have been FIT tested in the last 2 years and if not, can book an appointment with OHSW via the following Occupational Health Safety and Wellness - Respiratory Protection Program (nshealth.ca).

A link to education regarding fit testing can be found here About - Respiratory Protection Program - LibGuides at Nova Scotia Health (nshealth.ca)

Infection Prevention and Control Protocol around suspect case of measles:

Measles is a highly infectious virus that is spread through respiratory droplets (contact with nasal/throat secretions),but can also be spread through the airborne route. The incubation period from infection to symptom onset is about 10 days, with average time from infection to onset of rash about 14 days. Cases are infectious from the onset of fever and until four days after the appearance of the rash.

1. Identify suspected case through screening and provide patient a medical mask.
   Symptoms include:
   - Fever (first symptom)
   - Cough, coryza (runny nose), conjunctivitis (red eyes)
   - Flat or slightly raised a maculopapular rash (red, blotchy) that starts on the face and neck and subsequently spreads down the rest of the body (occurs 3–7 days after symptom onset)
   - Small white/bluish –white spots inside the mouth and throat (Koplik spots)
   - Any recent travel history or known exposure to measles
2. Immediately isolate patient in a single room/private exam room and close the door; use airborne isolation room (negative pressure) where available. Room should not be used for two hours after client leaves. In hospital settings, follow Airborne Precaution Policy.
3. Inform local Public Health, Infection Prevention and Control and Occupational Health departments. If the suspected case is being transferred to another health care facility, such as Emergency Departments or laboratories, please notify them in advance.
   - If necessary, order and collect the appropriate lab sample and follow direction of Public Health for next steps

<table>
<tr><th colspan="4">LABORATORY TESTING AND SAMPLE TYPE</th></tr>
<tr><th></th><th>Specimens to be Collected</th><th>Specimen Containers</th><th>Test Request</th></tr>
<tr><td rowspan="2">Acute Illness</td><td>1) Nasopharyngeal swab / aspirate or throat swab
= collect as soon as possible from rash onset (within 7 days).
AND
2) Urine = collect within 14 days of rash onset.</td><td>1) Viral Transport Medium.
AND
2) Urine = 50 mL in a sterile container.</td><td>Request Measles PCR for swab and urine.</td></tr>
<tr><td>AND
3) Serology = collect ideally within 7 days of rash onset.</td><td>AND
3) Serum – collect 5mL blood in SST tube.</td><td>Request Measles IgM and Measles *IgG serology.</td></tr>
<tr><td>Immunity determination</td><td>1) Serology</td><td>Serum – collect 5mL blood in SST tube.</td><td>Request Measles IgG serology.</td></tr>
<tr><td colspan="4">Refrigerate samples at 4°C and sent promptly to the Central Zone Laboratory at the QE II HSC.
• For acute illness samples: Let Janice.Pettipas@nshealth.ca know if a sample is being sent or after hours, inform the Microbiologist on-call at 902-473-2222.</td></tr>
</table>

Thank you for remaining committed to being vigilant with our infection prevention and control and occupational health, safety, and wellness practices.