

## Suspect/Probable Measles Guidance Sheet



Grayson County Health Department 515 N. Walnut, Sherman, Texas 75090 (903)893-0131

Measles typically begins with high fever, cough, runny nose, and red, watery eyes. Two-Three (2-3) days after symptoms begin, tiny white spots (Koplik spots) may appear inside the mouth. Then 3-5 days a rash: flat red spots on face at the hairline and spread downward to neck, trunk, arms, legs and feet. Small raised bumps may also appear on top of the flat red spots. The spots may become joined together as they spread from the head to the rest of the body.

### CDC Clinical Description: Measles

#### Patient Characteristics (Acute Illness)

Generalized, maculopapular rash lasting  $\geq 3$  days (see description above); **and**  
Temperature  $\geq 101^{\circ}\text{F}$  or  $38.3^{\circ}\text{C}$ ; **and**  
Cough, runny nose (coryza), or conjunctivitis.



If **all three** characteristics above, also consider

- Any other likely diagnosis,
- Patient's vaccine history
- Patient's travel to an area where measles have been confirmed  
<https://www.dshs.texas.gov/idcu/disease/measles/>
- CDC Website for more information including outbreak information in other states  
<https://www.cdc.gov/measles/index.html>

For those probable case that warrant laboratory testing: \*

**Collection** of the specimen for confirmation at DSHS (see Measles Viral Specimen Collection PCR Testing Page)

1. Collect a throat specimen using a non-cotton tipped or wooden shaft swab (polyester fiber tipped swabs only - either Dacron or Rayon)
2. The swab must be placed in a viral transport media (VTM) container to protect the sample and avoid rejection by the State.
3. Documentation: Ensure internal facility documents have demographic information to facilitate transport to the State

## **Transport of the specimen**

4. The sample must be shipped within same day of collection in consideration of shipping margins
  - a. The specimen can only be shipped Monday – Thursday 8 AM – 5 PM.
  - b. The shipment must be packaged, labeled, and all information collected before 4 PM – include appropriate patient demographics, plus ethnicity, race and country of birth, date, time, and who collected the specimen, physician ordering test and office contact number
    - i. Grayson County Health Department will coordinate shipment of the specimen for hospitals and local physicians
    - ii. During work hours: contact 903 – 893-0131 X 1245 and 903-893-0131 X 1223, Emergency Disease Reporting line 903-821-5027
5. If specimen cannot be shipped on the same day, they must be stored at -70 degrees C
  - a. TMC can store the specimen after hours and weekends until they can be shipped to the State.
    - i. Facilities must transport specimen to TMC for storage
    - ii. Contact TMC lab and arrange delivery of measles specimen 903-416-4270
      1. Request contact person name and location to meet and exchange the specimen
  - b. TMC to contact Grayson County Health Department next regular work day for pickup of specimen and transport to the state. 903 – 893-0131 X 1245 and 903-893-0131 X 1223

**\* The Texas Department of State Health Services Laboratory controls the testing of the specimen and determines the acceptability of submitted samples.**