Communicable Diseases Quarterly Report
Quarter 1: January 1 - March 31, 2019

Department of Public Health

**Spotlight: Measles**

Measles is a very contagious infection caused by a virus. Ill people spread measles by coughing and sneezing while in contact with others. Measles is so infectious that 90% of those who are not immune to measles and exposed to the virus will become ill. Symptoms of measles begin between 7 and 14 days after a person is infected and include: fever, cough, runny nose and watery eyes. Three to 5 days after the initial symptoms onset, a rash will appear that looks like flat red spots. As the disease progresses, this rash will spread all over the body.

During 2019, the United States has reported 880 cases of measles (as of 5/17/19), and this is the largest number of cases reported in the US since the disease was declared eliminated in 1994. The causes for the large increase in cases is due to travelers (both foreign and US born) who import measles into the United States, and unvaccinated people. As of May 15, 2019, 45 measles cases have been reported in California and none of these cases are from Fresno County.

The most effective way to reduce measles transmission and complications is by being vaccinated. The measles vaccine is around 97% effective at preventing disease and very safe. The CDC recommends that children receive one dose of the measles vaccine at 12-15 months and the second at 4-6 years of age. If adults have no evidence of immunity to measles, they should also be vaccinated with 1 to 2 doses depending on their specific medical situation.

For questions about the measles vaccine please contact the Fresno County Immunization Program at: (559) 600-3550.

**References:**


**Reportable Diseases in Fresno County:**

A selection of Reportable Diseases appears in this Quarterly Report.

**Helpful links for disease rates**

Centers for Disease Control and Prevention (CDC):
www.cdc.gov/datatratistics

California Department of Public Health (CDPH):
https://www.cdph.ca.gov/Pages/CDPHHome.aspx

Fresno County Department of Public Health:
http://www.co.fresno.ca.us/departments/public-health

**Definitions:**

- **Communicable disease** – a disease which can be transmitted directly or indirectly by a living organism or by a non-living object or substance. Examples include: from an infected person to another person who is susceptible; from an object (sheets, clothing, telephone handset, drinking glass) that may harbor germs to a susceptible person.

- **Reportable disease** – in compliance with federal and state health code, certain diseases must be reported when a confirmed or suspect diagnosis is made on a secured and standardized form. https://www.cdc.gov/nndss/conditions/notifiable/2019/ for more information.