

UCI Health

I've Been Exposed to Measles, Who Do I Call? Frequently Asked Questions (FAQs) for Patients

First, confirm you have actually been exposed to someone with measles

You are only considered exposed if you meet the below criteria:

- Exposed within the past 3 weeks (21 days) **AND one of the below**
 1. Exposure to a person who has a fever and rash and recently traveled internationally
 2. Exposure to a person who has been diagnosed with the measles
 3. Present at time and location of another measles patient based on OCPH health alert <http://www.ochealthinfo.com/phs/about/dcepi/epi/dip/prevention/measles>

Most people are immune to measles, either through infection if born before 1957, or by vaccination. If you are immune, it is unlikely you will become infected with measles if exposed.

If you meet the above criteria, do the following:

1. CALL your UCI Health doctor's office first (**DO NOT** go to clinic before calling)
 - Let the office staff know about your measles exposure
 - Be prepared to answer the following questions:
 - Have you been exposed to a person who has a fever and a rash from a foreign country?
 - Were you exposed to a person who has been diagnosed with measles?
 - Were you present at the time and location of another measles patient based upon a local Public Health alert?
 - Do you have symptoms of measles: rash, cough, fever, runny nose, red eyes?
 - If possible, have information regarding your measles vaccination status ready
2. If your UCI Health doctor decides you need to be tested for measles, he/she will make special arrangements to evaluate and test you without exposing others
 - You will be directed to meet a healthcare worker outside of the clinic building.
 - Two tests for measles will be done:
 - Urine sample collection, if able
 - Please bring a same-day urine sample from home in a disposable, sealed container or zipped plastic bag.
 - Please write down the date & time of collection and collect as close to the clinic visit as possible.
 - Throat swab will be performed by a healthcare worker.
 - Meet healthcare worker outside of the clinic to drop off urine sample and receive throat swab (**DO NOT** go inside)
 - **You should stay home and avoid public areas until you have been tested and your test results come back. This is important because if you have measles, you can easily spread it to others.**