



COUNTY OF SAN LUIS OBISPO
DEPARTMENT OF PUBLIC HEALTH

PROVIDER HEALTH ADVISORY

Date: August 7, 2026

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Take Precautions and Be Vigilant Amid Ongoing Measles Activity

With ongoing national and state measles activity, summer travel, and the upcoming back-to-school season, we're asking providers to **remain alert for potential measles cases** and ensure staff are prepared to quickly identify, isolate and report suspected cases.

The Los Angeles County Department of Public Health is [investigating a measles case](#) involving a person who was infectious while visiting at least one public location (Universal Studios Hollywood) in Los Angeles County, resulting in potential public exposure to measles. Additionally, Ventura County recently [confirmed its first measles case since 2017](#) related to international travel. These recent cases are an important reminder to maintain vigilance.

When to suspect measles¹

[Healthcare providers should consider measles](#) in patients with a fever lasting several days followed by:

- The "3 C's": cough, coryza, and conjunctivitis
- Maculopapular rash
- White lesions in the mouth (Koplik spots)
- Recent international or domestic travel
- Recent visit to venues with international visitors
- Known exposure to a measles case

Measles should be considered in any patient that fits the clinical presentation, regardless of vaccination history. The rash typically begins on the face, along the hairline and behind the ears before spreading downward. Patients are infectious from four days before rash onset through four days afterward (rash onset being day zero). Exposed individuals should monitor symptoms like fever and/or rash for 21 days following exposure.

Preparedness and infection control

Facilities should maintain documentation of measles immunity for all personnel.

If you encounter a suspected case (or a patient presents with symptoms compatible with measles), healthcare providers should immediately implement appropriate infection control measures:

- **Promptly mask and isolate suspected cases**, identify suitable isolation rooms and ensure documentation of measles immunity for all personnel.

Department of Public Health

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- Use an **N95 respirator or PAPR for all staff** regardless of presumptive or known immunity status.
- Train staff to recognize measles symptoms.
- Refer to the [California Department of Public Health Measles Healthcare Exposure Investigation Quicksheet](#) to ensure compliance and protect both patients and staff.

Patient travel and vaccination¹

Ensure that patients and their families are up to date on MMR vaccination, particularly before traveling; it takes the immune system about [2-3 weeks](#) to get the most protection against measles after vaccination. **Consider early MMR vaccination for patients 6-11 months old before travel**, including within the U.S.

Before international travel:

- Babies 6–11 months of age should receive [one dose of MMR vaccine](#).
- Everyone 12 months and older should be up to date with MMR doses. If not, they should receive two doses at least 28 days apart.

Before traveling to domestic measles outbreak areas:

- Patients (including infants ages 6-11 months) should consult their healthcare provider for immunization recommendations ahead of travel.

Careful timing of measles testing²

CDPH recommends testing for measles after rash onset for the best chance of laboratory confirmation. Suspected cases should be isolated until a rash develops or symptoms are resolved.

For suspected cases, promptly call and report the case to the County of SLO Public Health Department at 805-781-5500 (M-F, 8 a.m.5 p.m.) or 805-781-4553 (weekends and after hours), even before laboratory confirmation, to discuss measles testing and control measures. Collect specimens per [CDPH testing guidance](#) (NP swab and urine for PCR, and serum for serology when indicated). Coordinate sample submission with the County of SLO Public Health Laboratory before collecting or sending specimens. For more information on measles testing, see the Public Health Lab's [fact sheet](#).

To read more clinical response guidance, view our [previous measles update](#).

Resources:

1. [California Department of Public Health Measles Outbreak Page](#)
2. [California Department of Public Health Key Messages](#)
3. [California Department of Public Health | Immunization Branch, "Should I Test for Measles?" Fact Sheet](#)
4. [CDPH Testing Guidance](#)
5. [County of San Luis Obispo Public Health Laboratory | Measles Virus PCR Testing](#)
6. [CDC Measles Cases and Outbreaks](#)