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Measles Reference Guide for Maine Camps

Measles is highly contagious and can spread rapidly, especially in a camp setting where children and staff are in close contact. The best protection against measles is broad vaccination coverage. Individual camps may choose to implement policies to recommend or require specific immunizations of campers and staff. Maine CDC strongly recommends the following steps to help prevent and identify measles and limit its impact at camp.

Before Camp Begins: Preparation Tips for Camps

1. Confirm measles immunization or immunity status for all campers and staff:

- A. Maintain a written record for each camper and staff with a record of their immunity status. Individuals are considered immune if they meet at least one of the following:
 - 1) Two doses of MMR (measles, mumps, and rubella vaccine);
 - 2) Laboratory test showing immunity to measles;
 - 3) Laboratory confirmation of previous measles infection; or
 - 4) Birth in the United States before 1957.
- B. Maintain a clear list of individuals who are unvaccinated, under-vaccinated, or non-immune (including those with valid medical exemptions). If there is a case of measles, you would be able to provide this information to Maine CDC quickly and make decisions about exclusions faster. This list should include individuals with:
 - 1) No MMR vaccinations
 - 2) One dose of MMR (and date they're eligible to receive the second)
 - 3) No other documentation of immunity, and
 - 4) A valid medical exemption as these individuals would not be eligible for MMR vaccine and may require post-exposure prophylaxis if exposed to measles.
- C. Maintain a clear list of individuals who are up to date on immunization and or considered immune.

2. Recommend vaccination for anyone who is unvaccinated or unsure of their vaccination status.

- A. Anyone who is not considered immune per Section 1A should receive at least one dose of MMR vaccine.
- B. Campers and staff can visit an urgent care center for vaccination or go to a pharmacy with an order from a physician.

3. Decide if you will allow unvaccinated campers and staff at your camp.

- A. Understand the risk if you do accept a camper or staff member who is not immunized for measles. If there is a case of measles at your camp, anyone who is unvaccinated should be quarantined for 21 days. This result will have a significant impact on your camp. If campers live close by, some may be able to go home; however, if they are not within driving distance, the camp will be responsible for maintaining these individuals on site in appropriate quarantine conditions.
- B. Review Maine CDC's document "Maine CDC Recommendations: Measles in a Summer Camp."

4. Understand the facts about the disease.

- A. Measles is a highly contagious disease caused by a virus. Unvaccinated people exposed to measles almost always get measles.
Measles can be serious — even fatal — for young children. In rare cases, it can lead to pneumonia, encephalitis (swelling of the brain), and death in persons of any age.

5. During staff training, include information about measles symptoms, monitoring campers for these symptoms, and reporting suspect cases to the health director.

- A. Ensure that your staff understand the symptoms of measles and have procedures in place to immediately notify the healthcare staff. Healthcare staff should be aware of the recommended process for bringing measles suspects to healthcare facilities.
 - 1) If measles is suspected, the camper/staff should wear a mask and be isolated until they are transported to a medical facility for evaluation.
 - 2) Staff should call the medical facility where they plan to bring the camper/staff to be assessed and let them know that they have a suspect measles case. This protocol will ensure that the patient does not sit in the waiting room and will limit exposure to others.

6. Maintain a supply of medical / surgical face masks.

7. Exclude campers and staff with measles-like symptoms prior to admission to camp and have them evaluated prior to returning to camp.

For questions or more information:

- <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vaccine/measles.shtml>
- <https://www.cdc.gov/measles/index.html>
- 1-800-821-5821 (Maine CDC disease reporting line)
- disease.reporting@maine.gov (not secure)