



Public Health Guidance - Measles

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GUIDANCE

Measles is an extremely contagious viral illness that can be life-threatening, particularly for vulnerable populations unable to receive the Measles, Mumps, Rubella (MMR) vaccine, such as pregnant women, nursing mothers, and children under one-year-old. Due to the recent increase in measles cases in the City of Chicago and surrounding areas, many individuals are at risk of exposure. To protect these most vulnerable populations, the Oak Park Health Department encourages those who are eligible to receive the MMR vaccine, but do not already have their full two doses or disease-acquired immunity, to become vaccinated as soon as possible.

Up to 90% of non-immune individuals exposed to measles develop the illness. The virus can remain viable in the air for up to two (2) hours after an infected person has left an area. In light of the heightened measles risk, the following guidance is provided to mitigate transmission in shelters and congregate living facilities:

1. Shelters that host residents and provide daytime services to non-residential visitors should ensure these two (2) populations remain separate at all times. Intermingling should not be permitted, even after hours when one group has departed. Transfer of materials and services between groups should also be prohibited. Staff and volunteers should not float between resident and visitor areas.
2. Surfaces that may become contaminated with bodily fluids should receive frequent cleaning and disinfection utilizing a United States Environmental Protection Agency ("EPA") registered disinfectant per the manufacturer's instructions from the EPA's "List Q" at the following link: [Disinfectants for Emerging Viral Pathogens \(EVPs\): List Q | US EPA](#).
3. All employees, volunteers, and visitors should be up-to-date on their MMR vaccinations or provide proof of disease-acquired immunity.

- A. Two doses of the MMR or MMRV vaccine are recommended, with a minimum of 28 days between doses.
 - B. The first dose is recommended between 12-15 months of age, and the second dose between 4-6 years of age.
4. In the event of a confirmed measles exposure, non-immune individuals should be excluded from work or services from day five (5) after the first exposure date through day twenty-one (21) after the last exposure date. A vaccination may be given within seventy-two (72) hours of exposure.
5. For congregate living facilities hosting non-residential visitors:
- A. Visitors should be required to wear masks at all times while on the premises of a facility. Measures should be implemented to ensure appropriate spacing of at least three (3) feet between individuals.
 - B. Food should not be served to non-resident visitors within the facility. Individually packaged to-go meals may be provided for consumption outside the facility.
 - C. Adequate ventilation, such as opening windows and utilizing air purification systems, should be used when possible.
6. Adherence to this guidance is critical to protect vulnerable populations and control the spread of this highly contagious illness. Routine MMR vaccination remains the most effective prevention measure against measles.