IOWA Health and Human Services
Public Health

Evaluating Patients for Measles

The decision to test should be based on clinical symptoms and the risk factors listed below.



Initial Symptoms

7-21 days post exposure

- High fever (may spike to >104°F)
- Cough
- Conjunctivitis (red eyes)
- Coryza (runny nose)
- Koplik Spots (small bluish spots surrounded by red region on the inside of cheek)



Rash

3-5 days after fever onset

A red, blotchy rash begins on the face at the hairline and progresses downward and outward towards the hands and feet.



Travel

21 days before onset

- Has the patient traveled anywhere in the last 21 days where measles cases have been reported?
- Has the patient had contact with someone who has measles?



MMR Vaccination

The best way to prevent measles is to get vaccinated.

1 dose is **92-95%** effective against measles

2 doses are **97-99%** effective against measles

Iowa clinicians who suspect measles in a patient should notify Iowa HHS of the suspect case and request testing by completing the online test request form accessed through this URL: https://redcap.link/shlmeaslestestrequest

- The patient should be instructed to remain at home until test results are complete (typically 48 hours)
- The patient exam room and common areas (hallways, waiting room, entrance, etc.) should be closed for two hours after the patient was last present in the specific area