



Population and Public Health
Office of the Medical Health Officers
204-310 Idylwyld Drive North
Saskatoon SK S7L 0Z2

Tel: 306.655.4338

Fax: 306.655.4474

October 23, 2012

To All SHR Physicians and Medical Practitioners:

Measles case confirmed in Saskatoon Health Region.

Saskatoon Health Region has confirmed one case of measles in October 2012. This case is epidemiologically-linked to the confirmed case in Prince Albert that occurred at the beginning of October 2012. There does not seem to be widespread measles in the province apart from these linked cases.

Measles is a viral infection. Transmission is by airborne droplets, direct person-to-person contact with secretions, and indirect contact with contaminated articles. Measles is highly contagious from about 1 to 2 days before the start of the prodromal phase until about 4 days after the appearance of the rash and may include:

- Prodromal phase lasting about 2 to 4 days:
 - Fever of 38.3 C or greater
 - **Cough, coryza or conjunctivitis (the Classic 3 C's)**
 - Koplik's spots on the buccal mucosa appearing 1 to 2 days before the rash.
- Generalized maculopapular rash appearing on days 3 to 5 and usually lasting for 4 to 7 days. Rash begins behind the ears and on to the face. Then it gradually spreads to the trunk and the extremities.
- Other symptoms may include anorexia, diarrhea (especially in infants), and generalized lymphadenopathy.

If you suspect a patient has measles,

- Provide a separate waiting area away from other patients and provide patient with a surgical mask.
- Test for measles, parvovirus, and rubella (as there are other circulating viral causes of rashes) by submitting the following specimens to SDCL:
 - *Serology*: IgM and IgG antibody for all three diseases ("rash panel")
 - *Nasopharyngeal or throat swab*: place in 2-3 mL viral transport medium (within 4 days of rash onset)
 - *Urine*: minimum 50 mL in sterile container (within 7 days of rash onset)
- Clearly mark laboratory requisitions "suspect case of measles" to facilitate rapid testing. Include information regarding symptoms and onset on all requisitions.

Notify Population and Public Health of suspect cases presenting with a strong clinical suspicion of measles by calling 655-4612. Patients diagnosed with or suspected of measles are to be excluded from daycare, school, or workplace for 4 days after appearance of rash.

Please note that severity and/or presentation may be modified if patient has previously received one dose of measles-containing vaccine.

Measles containing vaccine is part of the routine immunization program in Saskatchewan. Coverage is 76% at 2 years for 2 doses of measles containing vaccine. Therefore public health has set up immunization clinics to catch up children who are behind with measles containing vaccine. Public Health will be sending out a phone message to all parents whose children are behind. The public clinics will be as follows:

Saturday October 27 10-2 PM

Saskatoon City Hospital
Therapies Gym
701 Queen Street

Monday October 29 2-6 PM

WP Bate School
2515 18th St W

Wednesday October 31 9-4 PM

Westwinds Primary Health Centre
3311 Fairlight Dr.

Wednesday October 31 9-noon

Humboldt, Rosthern, Watrous, Wynyard, Wadena Public Health Offices

Patients can contact 655-4090 for immunization records.

Please contact Population and Public Health at 655-4612 if you have any questions.

Sincerely,

Dr. Julie Kryzanowski
MD, CCFP, FRCPC
Deputy Medical Health Officer

There hasn't been a case of measles in
Saskatoon Health Region for over 15 years,
but there is one now.

Get your child immunized for measles.

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After these dates, please call your local public health office for an appointment.

