Measles Exposure Isolation and Quarantine Recommendations

A quick reference guide on isolation and quarantine recommendations. Call MDH at 651-201-5414, or 1-877-676-5414 with questions.

Isolation: For exposed, susceptible, symptomatic contacts of the case.

Quarantine: For exposed, susceptible, asymptomatic contacts of the case, who did not receive post-exposure prophylaxis (PEP) (i.e., refusal, outside of recommended timeframe).

Symptom Watch: For exposed, susceptible, asymptomatic contacts who received PEP within the recommended timeframe (recommended PEP timeframe is 3 days for MMR, 6 days for IG).

Exposed and Susceptible contact

If within 3 days of exposure: MMR

If within 6 days of exposure: IG*

No PEP

Symptom Watch

Quarantine

Definitions

- **Susceptible** – A person is considered susceptible if they do not have evidence of immunity. Acceptable evidence of measles immunity includes at least one of the following:
  - One or more documented doses of measles-containing vaccine administered on or after the first birthday for preschool-age children and adults not at high risk
  - Laboratory evidence of immunity
  - Born before 1957
  - Laboratory evidence of disease.

- **Isolation** – A contact that develops symptoms is asked to stay at home and not have any susceptible visitors through day 4 of rash, with day 0 being the date of rash onset.

- **Quarantine** – A susceptible contact is asked to stay at home and not have any susceptible visitors until the incubation period is over (21 days after date of last exposure). State or local health department representatives also contact the individual on a regular basis to monitor for symptoms.

- **Symptom Watch** – State or local health department representatives try to reach the individual on a regular basis to monitor for symptoms. Exclusion from school, work or other activities is not necessary.

*Immune-globulin within 6 days of first exposure is recommended only for high-risk contacts that are susceptible, including: Infants under 12 months of age, pregnant women, immunocompromised individuals.