



MEMORANDUM

To: Public Safety Subcommittee

From: Zuzzette Bricker, Office of Emergency Management Program Manager

Date: May 14th, 2019

Subject: April 2019 Office of Emergency Management Report

Mission: The Office of Emergency Management is responsible for minimizing the impact of natural and man-made disasters by establishing readiness through city-wide prevention, preparedness, response, recovery and mitigation.

Current Preparedness Level: SEMS is the system required by Government Code §8607 (a) for managing response to multi-agency and multi-jurisdiction emergencies in California. SEMS provides for a multiple level emergency response organization and is intended to structure and facilitate the flow of emergency information and resources within and between the organizational levels.

Measles Outbreak

Measles is a highly contagious viral disease. It is widespread in many parts of the world, including Europe, Africa, and Asia. Measles begins with a fever that lasts for a couple of days, followed by a cough, runny nose, conjunctivitis (pink eye), and a rash. The rash typically appears first on the face, along the hairline, and behind the ears and then affects the rest of the body. Infected people are usually contagious from about 4 days before their rash starts to 4 days afterwards.

In 2019, four outbreaks linked to patients with international travel have been reported in California. As of May 8, 2019, 44 confirmed measles cases, including 30 outbreak-associated cases, have been reported. These outbreaks are linked to travelers who brought measles back from other countries such as Israel, Ukraine, and the Philippines, where large measles outbreaks are occurring.



The last large outbreak of measles in California was associated with Disneyland and occurred from December 2014-April 2015, when at least 131 California residents were infected with measles; the outbreak also infected residents of six other states, Mexico,

and Canada.

The majority of people who got measles were unvaccinated. Measles is still common in many parts of the world including some countries in Europe, Asia, the Pacific, and Africa. Travelers with measles continue to bring the disease into the U.S. Measles can spread when it reaches a community in the U.S. where groups of people are unvaccinated.

Treatment - There's no specific treatment for an established measles infection. However, some measures can be taken to protect vulnerable individuals who have been exposed to the virus.

Post-exposure vaccination. Non-immunized people, including infants, may be given the measles vaccination within 72 hours of exposure to the measles virus to provide protection against the disease. If measles still develops, the illness usually has milder symptoms and lasts for a shorter time.

Immune serum globulin. Pregnant women, infants and people with weakened immune systems who are exposed to the virus may receive an injection of proteins (antibodies) called immune serum globulin. When given within six days of exposure to the virus, these antibodies can prevent measles or make symptoms less severe. Fever reducers. You or your child may also take over-the-counter medications such as acetaminophen (Tylenol, others), ibuprofen (Advil, Children's Motrin, others) or naproxen (Aleve) to help relieve the fever that accompanies measles. Don't give aspirin to children or teenagers who have measles symptoms. Though aspirin is approved for use in children older than age 3, children and teenagers recovering from chickenpox or flu-like symptoms should never take aspirin. This is because aspirin has been linked to Reye's syndrome, a rare but potentially life-threatening condition, in such children.

Antibiotics. If a bacterial infection, such as pneumonia or an ear infection, develops while you or your child has measles, your doctor may prescribe an antibiotic. Vitamin A. Children with low levels of vitamin A are more likely to have a more severe case of measles. Giving vitamin A may lessen the severity of the measles. It's generally given as a large dose of 200,000 international units (IU) for children older than a year.

Lifestyle and home remedies - If you or your child has measles, keep in touch with your doctor as you monitor the progress of the disease and watch for complications. Also try these comfort measures:

Take it easy. Get rest and avoid busy activities. Sip something. Drink plenty of water, fruit juice and herbal tea to replace fluids lost by fever and sweating. Seek respiratory relief. Use a humidifier to relieve a cough and sore throat. Rest your eyes. If you or your child finds bright light bothersome, as do many people with measles, keep the lights low or wear sunglasses. Also avoid reading or watching television if light from a reading lamp or from the television is bothersome

Reference: CDC, Mayo Clinic