

SAMPLE Measles Exposure Notification Letter for Patients and Visitors

This is a sample letter that can be adapted and used to notify patients or visitors who may have been exposed to measles in a healthcare setting. Because of the limited time to administer post-exposure prophylaxis (72 hours to administer measles vaccine and 6 days for immune globulin) to eligible individuals following an exposure, whenever possible, outreach by phone is preferred.

A factsheet can be created, using information from the following websites, and included with the letter to provide additional information about measles, including signs and symptoms and how measles spreads:

- [Measles Symptoms and Complications | Measles \(Rubeola\) | CDC](#)
 - [Questions About Measles | Measles \(Rubeola\) | CDC](#)
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Dear <PATIENT>,

We are contacting you because you may have been exposed to someone with measles while in our <**FACILITY NAME**>. We learned that a measles exposure may have occurred in <**LOCATION(S)**> on <**DATE(S)**>. If you were present in these areas between <**TIME(S)**> then you may have been exposed.

Measles is **highly contagious**, which means it spreads easily from person to person. The virus can be infectious in the air for up to 2 hours after someone with measles leaves the area. Measles can cause serious health problems, especially for babies, young children, pregnant women, and people with a weakened immune system. If you are not already protected from measles, you may be able to receive post-exposure prophylaxis or PEP, which can help prevent or reduce the symptoms of a measles infection.

Steps to Take:

1. **Share this information:** Please share this information with any friends or relatives who came with you, as they may have also been exposed.
2. **Determine if you are protected from measles.** CDC considers you protected from measles if you have written documentation (records) showing at least one of the following:
 - a) you received two doses of measles-containing vaccine, and you are a school-aged child (grades K-12) or an adult who will be in a setting that poses high risk for measles transmission (including students at post-high school education institutions, healthcare personnel, and international travelers);
 - b) you received one dose of measles-containing vaccine, and you are a preschool-aged child or an adult who will not be in a high-risk setting for measles transmission;

- c) a laboratory confirmed that you had measles at some point in your life;
 - d) a laboratory confirmed that you are immune to measles; or
 - e) you were born before 1957.
3. **Check if you are eligible for PEP.** If you are not protected from measles or have a condition where your immune system isn't working well, like recently having a bone marrow transplant, then you should immediately contact your healthcare provider to see if you should receive PEP. However, **PEP is only effective if given within 6 days of an exposure: the sooner the better.**
 4. **Monitor yourself for symptoms of measles** for 21 days after you were exposed. While the vaccine is very effective at preventing people from getting measles, there is still a small possibility that someone who has been vaccinated or who has had measles already can become infected. So, it is important to monitor yourself for symptoms. If you develop symptoms and require medical care, notify your healthcare provider's office before you go so, they can be ready for your arrival. If you are not protected from measles and you do not get PEP, you should stay away from settings where there are people who could get very sick from measles (such as schools, hospitals, or childcare) during the 21 days. This will help ensure that you do not spread it to others if you have measles.

If you experience measles symptoms, or if you have questions, please contact your healthcare provider as soon as possible. If you decide you need to be seen at your healthcare provider's office or at a healthcare facility such as an emergency department or clinic, **please call them first** to let them know you might have measles. If you are advised to go to a healthcare facility, **please bring this letter with you**, so you will be properly evaluated upon arrival.

Thank you,

The following websites have additional information about measles:

[Measles Symptoms and Complications | Measles \(Rubeola\) | CDC](#)
[Questions About Measles | Measles \(Rubeola\) | CDC](#)