

## **Letter Template: Measles Isolation Protocol for Adults**

*Please note that this template is provided as a general guide and should be tailored to meet the specific requirements and regulations of your local health department or relevant authorities. It is crucial that the content and instructions align with current guidelines and legal standards established by your jurisdiction.*

*[Department of Health]*

*[Address]*

*[City, State, Zip Code]*

*[Date]*

Dear *[Recipient's Name]*,

*[Department of Health]* is sending this letter regarding your recent diagnosis of measles (also known as rubeola). Measles is a highly contagious virus spread through respiratory droplets and can remain in the air or on surfaces for up to 2 hours.

### **Next Steps:**

To prevent possible further spread of disease, you are required to complete a period of isolation from *[date of rash onset]* to *[date of end of isolation]* at your home or place of residence. Isolation means keeping those with illness away from healthy individuals.

### **How to Isolate:**

- **Stay at Home:** You must remain at home or your place of residence and avoid contact with others for a minimum of 4 days after the appearance of the rash. This period is from *[date of rash onset]* to *[date of end of isolation]*. People with weakened immune systems should remain in isolation until symptoms resolve or until cleared by a healthcare provider in consultation with the health department.
- **Avoid Contact with Others:** Stay away from household members who are not vaccinated or have never had measles, particularly those who may be at higher risk, such as pregnant women, adults 20 years old or older, children younger than 5 years old, or people with weakened immune systems.
- **Avoid Public Places:** Do not go to work, school, or any public places and avoid contact with others until you have completed the isolation period. Do NOT take public transportation, taxis, or ride-shares.

### **Monitor Your Health:**

- **If Symptoms Worsen:** Seek medical attention immediately if your symptoms get worse, such as if you have very high fever ( $>103^{\circ}$  F or  $>39^{\circ}$  C), severe headache,

confusion, or trouble breathing. Severe complications of measles include pneumonia, brain swelling, death, and pregnancy complications, and often require hospitalization.

- **Call Ahead:** Please call ahead before going to any medical office, clinic, or emergency room to notify the staff that you have been diagnosed with measles, if possible. The healthcare facility will provide you with further information and instructions.

### **Prevent Transmission:**

- **Isolation Practices:** If possible, stay in a separate room from others, preferably with a private bathroom. If you must be around others, wear a face mask to protect them from potential exposure. An N95 or KN95 mask is best.
- **Contact Tracing:** The *[Department of Health]* will ask you about places you visited or people you were around while contagious. Provide detailed information about where you have been, when you were there, and who you had contact with from 4 days before rash appeared to now.
- **Air Filtration and Circulation:** To help keep the air in your home clean and reduce the spread and buildup of virus particles, turn on bathroom and kitchen fans that vent outdoors, use high-quality filters (rated MERV-13 or higher) in your HVAC system and set the fan to run all the time, and/or use portable HEPA air cleaners, especially in rooms without an HVAC system. Additionally, open windows and doors to let fresh air in whenever it's safe and use fans to blow air outside to [improve ventilation](#).
- **Hygiene and Disinfection Practices:** Good hygiene and disinfection practices, such as regular hand washing, disinfecting frequently touched surfaces with [EPA-registered disinfectants](#), and covering your mouth and nose when coughing or sneezing, can help reduce the spread of measles. However, vaccination remains the most effective way to prevent measles.
- For more information about measles, isolation guidelines, and preventing transmission, please visit <https://www.cdc.gov/measles/index.html>.

If you have any questions or concerns about your measles diagnosis, please contact your healthcare provider. If you do not have a healthcare provider, please contact the *[Department of Health]*. You may also reach out to the *[Department of Health]* at *[contact info]* to report symptoms or seek additional guidance.

*Insert Department of Health Logo Here*

We understand that isolation and contact tracing can be challenging, but they are essential to prevent the further spread of measles within our community. Thank you for your cooperation in helping to keep others safe and healthy.

Sincerely,

*[Your Name]*

*[Title]*

*[Department of Health]*