

Letter Template: Measles Quarantine 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 because you may have been exposed to 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. To prevent the spread of measles, it is important to not have contact with other people and to monitor yourself for symptoms for 21 days after your exposure.

What Does Being Exposed Mean? Being exposed to measles happens when you are in the same area as someone who has measles, or in that area for up to 2 hours after the infected person left. You are less likely to become sick if you've had a measles vaccine or previous measles infection. About 90% of people who are not protected against measles and are exposed to the virus will get infected.

Next Steps:

Based on the information you provided, the *[Department of Health]* has determined that you may not have adequate protection against measles and need to quarantine now. Quarantine means keeping those with risk of illness away from healthy individuals. It's important because people infected with measles can spread the illness before they feel sick and without knowing they are infected.

Because you are at a greater risk of infection, you need to quarantine. To prevent any spread of disease, you are required to stay away from other people and stay at your home or place of residence beginning on *[date of exposure]* to the end of the day on *[date of exposure +21 days]*. If you have any symptoms (see below for a list), immediately contact your healthcare provider and the health department.

How to Quarantine:

This template was developed by the Center for Outbreak Response Innovation and adapted from New Jersey Department of Health.

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- **Stay at Home:** You must remain at home or your place of residence and avoid contact with others between *[date of exposure]* to the end of the day on *[date of exposure +21 days]*.
- **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 quarantine period. Do NOT take public transportation, taxis, or ride-shares.

Monitor Your Health:

1. **Monitor for Symptoms:** Because you were exposed to measles, you may develop symptoms anytime between 5 to 21 days after exposure. Please watch for any of the following symptoms:
 - Fever
 - Cough
 - Runny nose
 - Red, watery eyes (conjunctivitis/pink eye)
 - Tiny white spots inside the mouth
 - Rash (flat, dry spots)
 - The start of the rash may appear red or pink on fair skin but may have no change in color on darker skin.
2. **Isolate If Symptoms Develop: If you have any symptoms listed above between now and *[date of exposure +21 days]*, you must:**
 - Keep separating yourself from others.
 - Seek medical care.
 - Please call ahead before going to any medical office, clinic, or emergency room to notify the staff that you have been exposed to measles and are experiencing symptoms. The healthcare facility will provide you with further information and instructions.
 - DO NOT take public transportation, taxis, or ride-shares. If available, use private transportation to limit exposure to others.
 - Wear a mask when traveling to a healthcare facility.
 - Notify the *[Department of Health]* at *[contact info]* to report your symptoms as soon as possible.

Get Vaccinated:

You should get vaccinated against measles to protect yourself, your family, and your community. Measles is preventable with the safe and highly effective 2-dose measles, mumps, and rubella (MMR) vaccine. According to the Centers for Disease Control and Prevention (CDC), 2 doses of the vaccine provides about [97% protection](#) against getting infected by measles and that protection lasts a lifetime. One dose provides about [93% protection](#) against infection.

- Talk to your healthcare provider about receiving an MMR vaccine within 3 days of exposure OR immune globulin within 6 days of exposure.

[Specific language may be added regarding modifications to quarantine protocols based on the post-exposure prophylaxis (PEP) received, in accordance with jurisdictional guidance.]

For more information about measles, please visit

<https://www.cdc.gov/measles/index.html>.

For more information or if you have any questions, 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.

Sincerely,

[Your Name]

[Title]

[Department of Health]