

Letter Template: Measles Symptom Monitoring Protocols 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 monitor yourself for symptoms for 21 days after exposure and separate yourself from others if you develop symptoms.

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 have adequate protection against measles and do NOT need to separate from others at this time.

Although it is very unlikely that you will develop measles, it is not impossible. Please monitor yourself for symptoms for 21 days, which would be from the *[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. See below for more information.

- 1. Continue Your Routine Activities:** You do not need to stay home or avoid public spaces. You may continue to participate in your routine activities (like work, school, grocery shopping, medical appointments, religious and recreational activities, etc.).

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2. Monitor Your 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 rash may appear red or pink on fair skin but may have no change in color on darker skin.

3. Isolate If Symptoms Develop: If you have any of the symptoms listed above between now and [date of exposure +21 days], you must:

- Separate yourself from others immediately.
- 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, if possible. 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.

Protection Against Measles: People are less likely to become sick if they have adequate protection against measles, such as from vaccination or previous infection. Two doses of measles, mumps, and rubella (MMR) vaccine provides about [97% protection](#) against getting infected by measles and that protection lasts a lifetime. One dose provides about [93% protection](#) against infection. Past measles infection also can provide lifelong protection. Between 95–98% of people born before 1957 were naturally exposed to measles, providing protection.

- **If you have received only 1 dose of MMR vaccine:** Talk to your healthcare provider about receiving a second dose of MMR vaccine within 3 days of exposure OR immune globulin within 6 days of exposure.

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- **If your immune system is weakened by disease or medications:** Call your doctor right away and tell them you might have been exposed to measles, as you might need a medication called immune globulin, even if you have received 2 doses of MMR vaccine.

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]

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