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To: Camp Directors  
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From: Susan M. Lett, M.D., M.P.H., Medical Director, Immunization Program,  
Division of Epidemiology and Immunization  
Bureau of Infectious Disease Prevention, Response and Services

Re: 1) Measles and Mumps Updates  
2) Immunization Requirements for Recreational Camps for Children  
3) Reporting Suspect Cases and Control Measures

Date: July 25, 2011

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In light of ongoing measles and mumps cases in the US and other countries, the Massachusetts Department of Public Health (MDPH) would like to remind you of the existing immunization requirements for campers and staff, and review reporting suspect cases and implementing control measures. The US is experiencing a high number of reported measles cases in 2011, many of which were acquired during international travel. From January 1 through June 17 this year, 156 confirmed cases of measles were reported nationally. In Massachusetts we have had 22 confirmed cases to-date. In 2010, there was a large outbreak of mumps in the North East associated with a summer camp. The best way to prevent measles and mumps outbreaks is to make sure campers and staff are appropriately protected against the disease and to respond quickly and effectively to cases.

This advisory will provide information on the latest recommendations to best protect your community from measles and mumps.

### **Vaccine Requirements**

#### **1. Campers and Staff <18 years of age**

Campers and staff <18 years of age are **required** to have 1 dose of mumps, 1 dose of rubella and 2 doses of a measles-containing vaccine (1 MMR), unless they have laboratory evidence of immunity (105 CMR 430.152 A). Campers or staff who have attended school or college in Massachusetts, and are in at least kindergarten, should already have 2 doses of mumps-containing vaccine. This may not be the case, however, for campers and staff from other states and countries.

#### **2. Campers and Staff $\geq$ 18 years of age**

The current requirement for campers and staff  $\geq$  18 years of age and born in or after 1957 is also for 1 dose of mumps, 1 dose of rubella and 2 doses of a measles-containing vaccine,

unless they have laboratory evidence of immunity (105 CMR 430.152 B). No requirement currently exists for those born before 1957. (See below for recommendations for this age group.)

### Recommendations

To more optimally prevent measles and mumps transmission in camps, and in accordance with the latest national guidance, MDPH recommends the following:

- **Campers and staff born in or after 1957** – Review the immunization records of individuals in this age group and recommend they have **2 doses** of MMR vaccine.
- **Staff born before 1957** – While birth before 1957 is usually considered adequate evidence of immunity (because most people born before 1957 are likely to have been naturally infected), this does not guarantee immunity. MDPH recommends at least 1 dose of MMR for these individuals unless they have laboratory evidence of immunity.
- **Healthcare workers** – Year of birth does **not** constitute acceptable proof of immunity. Healthcare workers **born before 1957** should have one dose of MMR, though two doses are now recommended (in an outbreak, two doses may be required). Healthcare workers **born in or after 1957** should have two doses of MMR.

Please keep in mind that many campers and staff may be from other states and countries that do not have the same immunization requirements as Massachusetts. Special vigilance is required to ensure they are up-to-date with current camp recommendations.

### Reporting and Control Measures

All suspect cases of measles and mumps must be reported to your local board of health and to the MDPH Immunization Program at **(617) 983-6800**. An MDPH epidemiologist is available 24/7 and will assist you with control measures. More detailed guidance can be found in the measles and mumps chapters of MDPH's *Guide to Surveillance, Reporting and Control* which is located on the department's website at <http://www.mass.gov/dph>.

#### Initial management of students or staff with suspect measles

Measles is infectious for **4 days before through 4 days after onset of rash** (day of onset is day zero). Suspect cases should receive instructions to remain in isolation through 4 days after rash onset.

#### Initial management of students or staff with suspect mumps

Mumps is infectious for **2 days before through 5 days after onset of swelling** (day of onset is day zero). Suspect cases should receive instructions to remain in isolation through 5 days after swelling onset.

For both diseases, MDPH and/or your local board of health will work with you to identify contacts and take appropriate control measures. Control measures include the following:

- **Identify** all close contacts among students and staff exposed to the suspect case. Measles is particularly infectious: someone is considered exposed if they enter a room up to two hours after a case has left the room.
- **Assess** all exposed individuals for acceptable evidence of immunity, as outlined above.
- **Recommend vaccination** for all susceptible individuals. For measles, vaccination with 72 hrs of exposure may prevent illness.
- **Exclude or isolate all susceptible contacts from camp/work.** Campers and staff who are not appropriately immunized (or do not have laboratory evidence of immunity) will need to be isolated or excluded:

- **For mumps**, exclusions is from day 12 through day 26 after exposure to a case or suspect case of mumps (105 CMR 300.200).
- **For measles**, exclusion is from day 5 through day 21 after exposure to a case or suspect case of measles (105 CMR 300.200).
- **Surveillance** for early identification of additional cases.

Should cases of measles or mumps be identified, 2 doses of the appropriate vaccine will be required for all camp attendees and staff (if no previous doses, two doses administered  $\geq$  28 days apart).

### **State-Supplied MMR Vaccine**

Campers and staff should be vaccinated by their own healthcare providers prior to arriving at camp. State-supplied MMR vaccine is available for: 1) routine vaccination of Massachusetts children less than 19 years of age; 2) outbreak control; 3) Massachusetts college students; and 4) adults in high-risk groups seen at public provider sites, such as health department clinics. MMR will need to be purchased for all other individuals, including for the routine immunization of campers and staff from other states and countries - except for outbreak control.

If you have any questions, please contact MDPH's Division of Epidemiology and Immunization at (617) 983-6800.

- For the latest information about measles and mumps in Massachusetts, visit the MDPH website at: [www.mass.gov/dph/imm](http://www.mass.gov/dph/imm) and click on "Advisories, Alerts and Events"
- Additional information is also available at the Centers for Disease Control and Prevention (CDC) website at: [www.cdc.gov](http://www.cdc.gov)
- For a copy of the regulations for recreational camps for children, visit: <http://www.mass.gov/Eeohhs2/docs/dph/regs/105cmr430.pdf>

### **References**

ACIP. Provisional Recommendations for Measles-Mumps-Rubella (MMR) 'Evidence of Immunity' Requirements for Healthcare Personnel. August 28, 2009. [www.cdc.gov/vaccines/recs/provisional/default.htm](http://www.cdc.gov/vaccines/recs/provisional/default.htm)

ACIP and VFC. Resolution No. 06/09-3. Vaccines to Prevent Measles, Mumps, Rubella, and Varicella. Centers for Disease Control and Prevention. <http://www.cdc.gov/vaccines/programs/vfc/acip-vfc-resolutions.htm>

CDC. Update: Mumps Outbreak---New York and New Jersey, June 2009--January 2010. MMWR 2010; 59:125-93. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5905a1.htm>

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