NERUCA

NORTH EAST REGIONAL URGENT CARE ASSOCIATION

GUIDANCE FOR URGENT CARE PROVIDERS IN THE NORTHEAST

Measles cases and exposures are rising across the Northeast, requiring heightened vigilance from urgent care centers. **Rapid recognition, isolation, and coordinated reporting** across state lines are essential to limiting spread.

Urgent Care Action Steps

BEFORE ARRIVAL

- Triage by phone
- Rash + fever: **Do not enter**

UPON ARRIVAL

- Mask and isolate
- Airborne precautions (N95)
- Use airborne isolation room
- If unavailable, do not reuse room for **2 hours**

Clinical Presentation

SUSPECT MEASLES IF

- Fever **≥101°F** (38.3°C)
- Cough, coryza (runny nose), or conjunctivitis
- Symptoms within **21 days of exposure**

ASK ABOUT

- Recent travel
- Vaccination status
- Known exposure locations

Collection & Testing

COLLECT AS EARLY AS POSSIBLE

- **PCR (preferred):** Nasopharyngeal or throat swab
- **Serology:** Serum for IgM/IgG
- **Urine:** If respiratory sampling not possible

*Coordinate testing with your **local or state health department***

Reporting Requirements

BEFORE ARRIVAL

- Measles is **IMMEDIATELY** reportable
- Report suspected cases; **do not wait** for lab confirmation
- Notify the local health department **where the patient resides**
- If unavailable, contact your state DOH
- **NEPHC:** If the patient resides in or traveled across states, **notify all appropriate jurisdictions**

Center Preparedness

- Confirm **documented immunity** for all staff
- Review **airborne precaution** protocols and **PPE readiness**
- Ensure processes for **telephone triage** and **rapid isolation**

Prevention

- **MMR vaccination is highly effective** and critical to outbreak prevention
- **Encourage routine vaccination** and verify immunization status
- International travel: Discuss early MMR dose for **infants 6–11 months**

Resources

- Measles Clinical Quick Guide
- Measles Updates & Info Page
- Measles Guidance for Health Professionals
- Quick Guide for Measles Specimen Collection and Testing
- Northeast Public Health Collaborative Response