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CABINET FOR HEALTH AND FAMILY SERVICES





# Kentucky Department for Public Health (KDPH) Kentucky Measles Response Guide

### For Health Care Providers & Local Health Departments (LHDs)

### Table of Contents

Measles Overview	4
Key Points	∠
Be Prepared: Measles Checklist for Health Care Providers	6
KDPH Guidance for Identifying, Testing, Reporting and Managing Suspected Measle	es Cases6
Case Definitions & Clinical Presentation	8
Case Definitions:	8
Parents Resources:	8
Health Care Provider Resources:	8
Reporting to Public Health	9
Situational Updates:	<u>9</u>
Health Care Provider Next Step:	g
KDPH Clinical Service Guide Protocol (Step-by-Step)	10
KDPH  FY26 Clinical Service Guide	10
Specimen Collection & Laboratory Procedures	11
Standing Orders for Measles Specimen Collection & Testing	11
Measles Testing Requisition Form	11
Measles Testing Guidance	11
Outbreak Investigation & Contact Management	12
Special Populations:	13
Pregnancy, Infants, Health Care Staff & Immunocompromised	13
Communication Materials & Education Tool	14
Parents	14
Health Care Providers	14
Sharable Social Media Graphics & Flyers	14
Local Health Departments	14
Health Care Provider & LHD Talking Points	15



Immunization Schedules & Additional Resources	16
Easy to Read Immunization Schedules for Adults and Children	16
Immunization Schedules for Health Care Providers	16
Health Care Provider Additional Resources	16
Appendix A: Abbreviations and Definitions 1	L7
Appendix B: KDPH Resources	18
Appendix C: Exposure Alert	19

This response guide was created by the Kentucky Department for Public Health (KDPH) and is intended to help you prepare for suspected cases of measles in your community. Please adapt the tools as needed to best align with your facility's policies. The last page includes a door sign for clinic or LHD entrances—add your phone number before displaying (adding your logo is optional).

**Edition: August 2025** 



### Measles Overview

### **Key Points**

- 1. Ensure documented immunity records for all health care personnel are on file at their work location.
- 2. Advise symptomatic patients to call ahead before visiting a health care facility.
- 3. Call ahead when referring patients. Post signage directing staff and patients to identify anyone with fever or rash.
- 4. Mask all suspected measles patients (if tolerated) and immediately place them in airborne precautions. All staff should wear a fit-tested respirator (e.g., N95) when caring for suspected or confirmed measles cases.
- 5. Assess for measles risk factors in illness with febrile rash including recent international travel or to outbreak areas.
- 6. Collect appropriate clinical specimens promptly if measles is suspected.
- Verify all patients, especially travelers, are up to date on MMR vaccination.
   Immediately report ALL suspected measles cases to the LHD prior to sending specimens for testing.
   DO NOT wait for laboratory confirmation to report a case or implement infection control measures.
- 8. After obtaining KDPH Epidemiology approval, send all measles related specimens to the KDPH Division of Laboratory Services (DLS).

**Note:** Prepare now for potential outbreaks in your area. Establish your specimen transport plan in advance to ensure immediate shipping. Track expiration dates on DLS testing supplies and <u>request kits/supplies from DLS</u> as needed.

### **Case Definitions & Clinical Presentation**

**Case definitions:** Probable or Confirmed (based on lab or epi-link)

**Symptoms may include:** Fever ≥ 101°F, Cough, coryza, conjunctivitis & descending rash

Common complications: Otitis media, pneumonia, encephalitis and Subacute Sclerosing Panencephalitis

(SSPE)

**Incubation period:** 9-14 days; contagious from 4 days before to 4 days after rash onset

Always consider measles when evaluating a fever and a rash.

### **Reporting to Public Health**

Immediate Reporting (during business hours):

LHD: (\_\_\_\_) \_\_\_ or KDPH 502-564-4478

(Click on LHD above to find a health department near you, then add the associated phone number in the blank space for future reference.)



### KDPH Clinical Service Guide Protocol (Step-by-Step)

- 1. Screen patient for symptoms and risk factors
- 2. Isolate immediately in AIIR if available
- 3. Specimen collection following <u>KDPH standing</u> <u>orders</u> and DLS guidelines
- 4. Contact KDPH Epidemiology for approval to submit samples to DLS
- 5. Submit to DLS with full exposure and travel documentation

### **Specimen Collection & Laboratory Procedure**

Preferred specimens: • Nasopharyngeal (NP) or oropharyngeal (OP) swab in viral transport media

(VTM); urine optional

**Timing:** • RT-PCR (see <u>Appendix A</u> for definition) within 72 hours of rash onset

**Transport:** • At 4°C or freeze at -70°C if not shipped immediately

**Submit:** • To KDPH DLS only with <u>approval</u>, including travel/exposure history. Enter code MEPCR in <u>Outreach</u> (electronic submission) or use <u>Lab form #275</u>

### **Outbreak Investigation & Contact Management**

LHD will collect information on all cases/contacts

 Quarantine guidelines vary by exposure and immunity (see page 10 of this document)

 Identify exposure settings and evaluate immunity status of exposed contacts  Assess need for post-exposure prophylaxis (PEP) among at-risk contacts

 Measles, mumps, rubella vaccine (MMR vaccine)

 Immune Globulin (IG) - given IM or IV (IGIM or IVIG)

### Special Populations: Pregnancy, Infant, Health Care Staff & Immunocompromised

**Pregnant:** • Do NOT administer MMR vaccine, use IG if exposed

**Infants:** • 6–11 months: Can receive early MMR dose in outbreaks

**Health care staff:** • Ensure all staff have documented evidence of immunity

#### **Communication Materials & Educational Tools**

Parents: CDC | Measles Vaccination | HealthyChildren.org (AAP) | What Parents Need to Know | Health Care Providers: CDC | Measles Toolkit | KDPH | Measles FAQs | Social Media Graphics &

**Flyers** 

LHD: Available premade templates



### Be Prepared: Measles Checklist for Health Care Providers

## KDPH Guidance for Identifying, Testing, Reporting and Managing Suspected Measles Cases

- \* Kentucky situational updates and resources:
  - KDPH | Measles Cabinet for Health and Family Services
  - CDC | Measles

1.	Identify	Possible	<b>Measles</b>	Case
Ι.	identily	Possible	ivieasies	case

- ☐ Suspect in patients with febrile rash AND cough, coryza or conjunctivitis (the "3 Cs")
  - KDPH | When Measles is Suspected Infographic
  - KDPH | When to Test for Measles Infographic
- Assess travel history, possible exposures and vaccination status
- ☐ Immediately place patient in <u>airborne precautions</u>
- ☐ Consider and rule out other etiologies

#### 2. Immediately Notify Public Health

- ☐ Report every suspected case to the <u>LHD</u> in the patient's county of residence, as soon as measles is clinically suspected—Call LHD/KDPH prior to sending specimen for testing.
- ☐ If unable to reach the patient's LHD, report to KDPH at 502-564-4478 (during business hours) OR 1-888-9-REPORT (after hours)
  - **Key details** needed for KDPH testing approval assessment:
    - ✓ Clinical presentation (febrile rash plus one or more of the following: cough, coryza or conjunctivitis) including onset dates
    - ✓ Recent travel or exposure risks
    - ✓ Vaccination status or evidence of immunity.
    - ✓ Other etiologies considered and ruled out

#### 3. Collect Specimen for testing at the state lab

- ☐ Collect NP or OP swab for RT-PCR in VTM (see Appendix A for definition)
- ☐ Use synthetic swabs (no cotton or calcium alginate)
- ☐ **Hold** the specimen(s) until approval has been received from the local health department or KDPH **before** shipping to the state lab

#### 4. Handling and Transport of specimens

П	RT-PCR	should be	conducted	within 72	hours of	firash onset

- ☐ Maintain specimens at 4°C
- ☐ If delay is expected, freeze at -70°C
- ☐ **Plan transport in advance** to ensure timely and proper delivery (e.g., use newborn screening courier or another approved method)
- ☐ Submit ONLY with prior KDPH Epidemiology approval
- ☐ Use Outreach Code: MEPCR (electronic submission) or Lab Form #275



5.	<b>Patient</b>	Instructions	and Education
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		Mask and	isolate	patient;	airborne	room	if availa	ble
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- ☐ Instruct that measles is contagious 4 days before to 4 days after rash onset (note that the day of rash onset counts as Day 0)
- ☐ Advise isolation and provide CDC measles factsheet
  - Do You Think Your Child Has Measles? (CDC) English (CDC) Spanish
- ☐ Evaluate household contacts and any potential exposures in hospital/clinic for PEP and symptom monitoring

#### 6. Provide **PEP** (if applicable)

- ☐ Offer MMR within 72 hours to exposed, susceptible persons
- ☐ IG within 6 days for **high-risk individuals** 
  - infants <12m</li>
  - pregnant
  - immunocompromised

#### 7. Documentation & Follow-Up

- ☐ KY Reportable Disease Form:
  - https://www.chfs.ky.gov/agencies/dph/dehp/idb/Documents/EPID200.pdf
  - Document symptom onset, vaccination and exposure
- ☐ Coordinate with <u>LHD</u> for contact tracing
- ☐ Follow CDC/KDPH infection control guidance
  - Kentucky Infection Prevention Training Center



### Kentucky Measles Health Alert

Action Items, Recommendations for Identification & Prevention

**KDPH | Measles Health Alert (6/7/2025)** 



### Case Definitions & Clinical Presentation

### **Case Definitions:**

KDPH | Measles Investigation Quick sheet

CDC | Measles / Rubeola 2013 Case Definition

#### **Parents Resources:**

HealthyChildren.org | Measles: What Parents Need to Know

<u>Arabic Haitian Creole Hmong Nepali Russian</u>

Somali Spanish Ukrainian

CDC | Measles (Rubeola) | Measles (Rubeola) - Symptoms

AAP | Measles Frequently Asked Questions

Immunize.org | Measles Questions and Answers Information About the Disease and Vaccines

Immunize.org | What If You Don't Vaccinate Your Child?

### **Health Care Provider Resources:**

AAP | Measles Overview and Recommendations

AAP | Think Measles: Recognizing and Addressing Measles in Pediatric Practice

AAP | Measles Point-of-Care Quick Reference

AAP | Red Book 24-27 Measles Chapter

CDC | Interim Infection Prevention and Control Recommendations for Measles in Health Care Settings

**CDC**| Measles Treatment Overview



### Measles Investigation Quick Sheet

Case Definitions, Clinical Signs, Reporting Triggers & Isolation Protocol

**KDPH** | Measles Investigation Quick Sheet

(also available in Section 2 of this document)



### Reporting to Public Health

### **Situational Updates:**

KDPH| Measles - Cabinet for Health and Family Services

### Health Care Provider Next Step:

KDPH| When Measles is Suspected



### Who's at Risk and When to Act

Quick Guide Exposure Evaluation

<u>CDC | Considerations when Evaluating a Person for Exposure to</u> Measles in a Health Care Setting

### KDPH Clinical Service Guide Protocol (Step-by-Step)

### KDPH | FY26 Clinical Service Guide

Measles Post-Exposure Prophylaxis (PEP) (see important message below)
Guidelines for IG or MMR based on exposure type, timing and immune status. Includes contraindications.

#### **MMR Vaccine Administration**

- PDF pages: 188-194 (click on link below)
- Link: https://www.chfs.ky.gov/agencies/dph/oc/Documents/FY26-Clinical-Service-Guide.pdf#page=188
- Administered within 72 hours from last exposure to a measles case.

#### IGIM (Immune Globulin Intramuscular)

- PDF pages: 185-187 (click on link below)
- Link: https://www.chfs.ky.gov/agencies/dph/oc/Documents/FY26-Clinical-Service-Guide.pdf#page=185
- Administered within 6 days from last exposure to a measles case.



If PEP is **not given or given too late** (after 72 hours for MMR, on day 7 or later for IG), KDPH or the LHD will actively monitor the individual(s) and will recommend exclusion from public places and high-risk settings such as child care (daycare or preschool), school (including day camps), church/synagogue/mosque classes, team activities and health care facilities for **21 days post exposure**.



### **Specimen Collection & Laboratory Procedures**

#### KDPH| When to Test for Measles

### Standing Orders for Measles Specimen Collection & Testing

Clinical criteria for identifying suspected measles, infection control steps, PPE and DLS coordination.

- PDF pages: 280-284 (click on link below)
- Link: FY26 CSG Standing Orders for Measles Specimen Collection & Testing

### Measles Testing Requisition Form

Required lab form for NP swabs and serology:

### Form #275 (Virology):

https://www.chfs.ky.gov/agencies/dph/dls/Documents/LabForm275Virology.pdf

Email for lab kit requests: <a href="mailto:dphlabkits@ky.gov">dphlabkits@ky.gov</a>

### Measles Testing Guidance

For highly suspicious measles patients, viral testing at KDPH DLS is preferred [RNA by reverse transcription polymerase chain reaction (RT- PCR)]

- Collect NP or OP swabs (synthetic preferred over cotton) and place in 2 mL VTM. Samples should be maintained at 4°C and shipped on cold packs
- **PDF pages:** 5-7 (click on link below)
- Link: Kentucky Division of Laboratory Services (DLS)- Measles Viral PCR Testing Guidance



### **Outbreak Investigation & Contact Management**

KDPH | Measles Investigation Quick Sheet

KDPH | Measles Post-Exposure Prophylaxis (PEP) for Non-Symptomatic Susceptible Contacts

ACOG | MMR Vaccination & Management of OB-GYN Patients During a Measles Outbreak

CDC | Be Ready for Measles Toolkit (Spanish resources available)

CDC | Measles Cases and Outbreaks

### **Specific To Settings:**

<u>Early Care & Educational Centers | CDC Preparing and Responding to Measles: Checklist (with Immediate Actions)</u>

<u>Summer Camp | CDC Measles Checklist</u>

<u>School | Infinite Campus Instruction for Monitoring Student Vaccine Status</u>

School | Sample for School- Email / Call Notification Script

School | Sample Notification Letter for Families

School K-12 | CDC Preparing and Responding to Measles: Checklist (with Immediate Actions)

<u>Health Care | CDC Interim Infection Prevention and Control Recommendations for Measles in Health Care Settings</u>

LTC | AHCA/NCAL Measles Brief



### **Special Populations:**

Pregnancy, Infants, Health Care Staff & Immunocompromised

Parents: English	Parents: Spanish			
HealthyChildren.org   How to Protect Your Children During a Measles Outbreak	HealthyChildren.org   How to Protect Your Children During a Measles Outbreak			
HealthyChildren.org   Protecting Your Baby From a Measles Outbreak: FAQs	HealthyChildren.org   Protecting Your Baby From a Measles Outbreak: FAQs			
HealthyChildren.org   Measles: What Parents Need to Know	HealthyChildren.org  Measles: What Parents Need to Know			
ACOG   What should I know about measles?				
Health Care Provider Additional Educational Resources:				

ACOG | MMR Vaccination & Management of OB-GYN Patients During a Measles Outbreak

\_\_\_\_\_

AAP | Spotting a Threat: Measles in the Immunocompromised

\_\_\_\_\_



### **Communication Materials & Education Tool**

#### **Parents**

Healthychildren.org | Measles: What Parents Need to Know

CDC| Measles, Mumps and Rubella (MMR) Vaccination: What Everyone Should Know

CDC | Measles - Travel

### **Health Care Providers**

CDC | Adult MMR Vaccination Decision Tree

CDC| Be Ready for Measles Toolkit

KDPH | Measles FAQs For Parents and Providers

### Sharable Social Media Graphics & Flyers

KDPH | Measles Infographic

KDPH | Think Measles: International Travel

CDC | There's A Current Outbreak of Measles

CDC | Do You Think Your Child Has Measles?

CDC | Measles: It isn't Just a Little Rash

CDC | Measles and MMR graphic resources

### **Local Health Departments**

Contact your regional epidemiologist to request pre-made templates provided by KDPH for the following:

- Guidance for Measles Exposure- Exclusion Notification Template

  (instructions for an individual(s) who do not meet immunity requirements and need to be excluded from high-risk settings after exposure to a confirmed measles case)
- Guidance for Measles Home Quarantine Notification Template
  (instructions for an individual(s) who need to home quarantine after exposure to a confirmed measles case)
- Measles Facility Exposure Notification Letter Template
   (letter informing an individual(s) of possible measles exposure at a facility, including guidance)
- Measles School Exposure Notification Letter Template

  (notification letter for an individual(s) potentially exposed to measles at a school or facility, including dates of possible exposure and next steps)



### Health Care Provider & LHD Talking Points

The following are some key talking points to get the conversation started with your patients:

- Measles is one of the most contagious diseases in the world. The virus is transmitted through the air and can live in the airspace for up to **TWO** hours after the infected person leaves the area.
- Measles can be prevented through the safe and effective measles, mumps and rubella (MMR) vaccine. Two
  doses of MMR are about 97% effective at preventing measles if exposed to the virus.
- Cases of measles are on the rise! 2025 saw the <u>largest US outbreak</u> since measles were declared eliminated in the US in the year 2000.
- In May 2025, the CDC issued <u>a Level I Travel Advisory</u> to recommend that all <u>international travelers be fully vaccinated</u>, meaning at least 2 MMR vaccine doses for most individuals and that infants aged 6-11 months receive an early MMR vaccine dose before international travel or an epidemic area. A dose administered before age 12 months does not count towards the 2-dose series.
- Health alerts, situational updates and locations of confirmed measles cases in Kentucky can be found at KDPH | Measles - Cabinet for Health and Family Services.
- Many children have fallen behind on routine vaccinations due to missed regular check-ups during the
  pandemic. It is important for parents and health care providers to ensure that children are fully protected
  against measles.
- For the MMR vaccine, coverage among kindergartners dropped to 86.9% in the 2024-2025 school year, which is lower than the national average of 93%. Comparatively, MMR vaccination rates for 7th and 11th grade students remained stable at >95% in 2024, highlighting the success of catch-up opportunities in middle and high school. School vaccination data for Kentucky can be viewed by county or age group by accessing the <a href="School Immunizations Survey.">School Immunizations Survey.</a>



Kentucky's School Age Vaccination Rates:

View vaccination rates for your area & across KY

**Kentucky School Immunization Dashboard** 



### Immunization Schedules & Additional Resources

### Easy to Read Immunization Schedules for Adults and Children

CDC | Your Child Needs Vaccines as They Grow!

CDC | Older Children and Teens Need Vaccines Too!

CDC | Recommended Vaccinations for Adults

### Immunization Schedules for Health Care Providers

CDC | Immunization Schedules | Vaccines & Immunizations

AAP | Recommended Child and Adolescent Immunization Schedule for Ages 18 Years or Younger; 2025 U.S.

<u>CDC | Measles Vaccine Recommendations for Non-Pregnant Adults Aged 19 or Older, by Birth Year in the United States</u>

### Health Care Provider Additional Resources

CDC | Routine Measles, Mumps and Rubella Vaccination

CDC | Surveillance Manual: Measles

CDC | Pink Book: Measles

CDC | Clinical Overview: Measles

CDC | Vaccine Safety: MMR | MMRV

CDC | Vaccine Information Statements: MMR | MMRV

CDC | Measles Vaccine Contraindications & Precautions

Immunize.org | Ask The Experts About Vaccines: MMR (Measles, Mumps and Rubella)

CDC | Vaccines for Children (VFC) Program: Information for Providers | VFC Program

#### KDPH | Kentucky Immunization Registry (KYIR):

- KYIR Public Portal (public, parents/legal quardians)
- KYIR Login Page (health care, school and daycare staff)

#### Toll-Free Measles Hotline at 855-598-2246, 8:00 AM - 4:30 PM (EST) Monday-Friday

Answers to general measles question for anyone



### Appendix A: Abbreviations and Definitions

This appendix provides definitions for abbreviations and technical terms used throughout this document. It is intended to support clarity for health care providers, LHDs and other partners using this guidance.

Abbreviation	Definition		
AAP	American Academy of Pediatrics		
ACOG	American College of Obstetricians and Gynecologists		
AHCA	American Health Care Association		
CDC	Centers for Disease Control and Prevention		
CSG	Clinical Service Guide (KDPH document with standing orders and protocols)		
DLS	Division of Laboratory Services (KDPH state public health laboratory)		
IG	Immune Globulin		
IGIM	Immune Globulin, Intramuscular		
IVIG	Intravenous Immune Globulin		
IM	Intramuscular (injection into muscle)		
IV	Intravenous (injection into vein)		
KDPH	Kentucky Department for Public Health		
KYIR	Kentucky Immunization Registry		
LHDs	Local Health Departments		
LTC	Long-Term Care		
MMR	Measles, Mumps and Rubella vaccine		
NP swab	Nasopharyngeal swab		
OB-GYN	Obstetrics and Gynecology		
OP swab	Oropharyngeal swab		
PCR	Polymerase Chain Reaction (In this guide, "PCR" refers to RT-PCR when used for measles testing.)		
	Reverse Transcription Polymerase Chain Reaction (used to detect RNA viruses such as		
RT-PCR	measles) RT-PCR is commonly referred to as PCR in most clinical settings; the "RT" indicates an additional step where viral RNA is converted into DNA before amplification		
	during testing at the laboratory.		
PEP	Post-Exposure Prophylaxis (treatment after exposure to prevent illness)		
SSPE	Subacute Sclerosing Panencephalitis (rare, fatal complication of measles occurring years after infection)		
VFC	Vaccines for Children (federal program providing free vaccines to eligible children)		
VTM	Viral Transport Media (medium used for specimen collection/transport to lab)		



### Appendix B: KDPH Resources

This appendix consolidates KDPH resources for quick access. Many also appear in their relevant sections. This index is not an exhaustive list of all KDPH links cited in the guide.

KDPH Resource	Description/Use
Measles (main page)	Central hub for measles updates, provider tools and alerts.
When Measles is Suspected (PDF)	Stepwise actions for triage, isolation, PPE and immediate reporting.
When to Test for Measles (PDF)	Quick flowchart that outlines when RT-PCR and IgM are indicated.
Measles Investigation Quick Sheet (PDF)	One-page case definition, testing and reporting aid for frontline staff.
Measles Testing Guidance (PDF)	Specimen types, RT-PCR preferences and shipping conditions to DLS.
Measles Post-Exposure Prophylaxis (PDF)	PEP timing for MMR and IG, monitoring responsibilities for KDPH & LHDs.
<b>Division of Laboratory Services</b> (DLS)	Lab home page with Outreach user setup, test menus and forms.
DLS Outreach Portal: Login	A secure KDPH DLS portal where registered users submit test orders and access results online, cutting turnaround time and clerical errors.
DLS Outreach Portal: User Manual	Step-by-step DLS Outreach Portal guide for login, test ordering with Outreach codes, label printing, status tracking and results retrieval; includes navigation tips, common errors and DLS contacts.
<u>Lab Form #275 – Virology</u> (PDF)	Required paper requisition when not using electronic Outreach.
Reference List of Tests (PDF)	DLS test directory noting electronic Outreach or Lab Form #275.
Health Alert Network – Measles HAN	Official statewide measles recommendations and action items for
(June 27, 2025) (PDF)	providers.
FY26 Clinical Service Guide (PDF)	State clinical protocols and standing orders for LHD services.
KY Immunization Registry (KYIR)	Overview of the state registry used to verify and document vaccination.
KYIR Public Portal	Patient access to personal and school immunization records.
KYIR Electronic Reporting for Providers	How EHR data moves to KYIR through KHIE and provider onboarding.
Reportable Diseases & Conditions (EPID-200A) (PDF)	State reporting timelines and immediate notification requirements.
Disease Defender Kit for Schools	School-focused outbreak toolkit with response steps, letters, scripts and Infinite Campus guidance for measles and other infections.
Kentucky School Immunization  Dashboard	Interactive dashboard to view school-age vaccination rates by county and grade. Useful for local talking points and media requests.



### Appendix C: Exposure Alert

# MEASLES EXPOSURE ALERT



Measles is a **highly contagious** respiratory virus that can cause serious health complications, especially in babies, young children and people with weakened immune systems. The measles virus spreads through the air and can survive for up to two hours after an infected person leaves an area.

The Kentucky Department for Public Health (KDPH) has identified a confirmed measles exposure at **this location**. If you were here during the date and time listed, you may have been exposed.

### MONITOR FOR SYMPTOMS OF MEASLES (7-21 DAYS AFTER EXPOSURE):

- Fever, cough, runny nose, red eyes
- · Rash starting on the face, spreading downward

#### IF YOU DEVELOP SYMPTOMS OF MEASLES:

- Stay home and call your doctor before visiting a clinic
- · Wear a mask if seeking medical care

### **CHECK YOUR IMMUNE STATUS**

You should be protected from measles if:

- You were born prior to 1957; or
- You had two Measles, Mumps, and Rubella (MMR) vaccination doses
- You have documented measles immunity (IgG+)



FOR MORE INFO SCAN THE QR CODE OR VISIT:

https://www.chfs.ky.gov/agencies/dph/dehp/idb/Pages/measles.aspx

THIS LOCATION HAS BEEN IDENTIFIED AS A SITE OF MEASLES EXPOSURE

**DATE OF EXPOSURE** 

TIME

FOR QUESTIONS, CONTACT:

**TEXT** 



Posted on: DATE: Remove on: DATE

