

Measles Outbreak

In response to the current Measles outbreak, LCPS Health Services would like to encourage parents to be proactive in protecting our students against this highly contagious disease.

Measles typically begins with a high fever, cough, runny nose and red, watery eyes. Soon after, a rash of tiny, red spots breaks out. It starts at the head and spreads downward to the neck, trunk, arms, legs, and feet. Measles is transmitted through the air when an infected person coughs or sneezes. After an infected person leaves a location, the virus remains viable for up to 2 hours on surfaces and in the air. It is so contagious that if one person has it, 90% of the people around him or her will also become infected if they are not protected.

Your child is at risk of developing measles if she/he has never had the disease or has never received the measles vaccine. This is also true for any adult or child in your household who has never had measles or the immunization if they are exposed to someone with measles.

The good news is Measles is a vaccine preventable disease. You can protect your child against measles with a combination vaccine that provides protection against three diseases: measles, mumps, and rubella (MMR). **The MMR vaccine is proven to be very safe and effective.**

CDC recommends all children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Children can receive the second dose earlier as long as it is at least 28 days after the first dose.

Parents, please:

- Make sure your child is fully immunized!! Double-check your child's vaccination records to make sure he/she has age-appropriate doses of MMR.
- Get your child caught up on any missed vaccines, especially the MMR.

If your child develops an illness with fever (101°F or more), cough, runny nose or red eyes, with or without rash, contact your healthcare provider for diagnosis and treatment, and keep your child at home until the doctor and the school staff have cleared him/her to return.

For more information please go to the Center for Disease Control and Prevention website at

<http://www.cdc.gov/features/measles/>