

Measles Can Be Prevented

Is your family protected?

Southeast Michigan is experiencing a measles outbreak.

While there are no cases in Ottawa County at this time, we urge residents to make sure they and their children have been vaccinated.

Measles is a highly contagious virus that spreads through the air when an infected person breathes, coughs or sneezes. The virus can live up to two hours in the air. Measles is so contagious that if someone has it, nearly everyone close to that person will also get the disease, unless they have been vaccinated or are immune. A person is considered immune if they have had the disease, been fully vaccinated or born before 1957.



SYMPTOMS

Symptoms usually appear 7 to 14 days after exposure and can include:

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes (conjunctivitis)
- Tiny white spots on the inner cheeks, gums and roof of the mouth
- Rash (red, raised, blotchy; usually starts on ears and/or face; spreads to trunk, arms and legs)

VACCINATION IS THE BEST DEFENSE

Measles can be prevented with MMR (measles, mumps, and rubella) vaccine. To be fully protected against measles 2 doses of the vaccine need to be given. However, receiving one dose provides some protection until the second dose is able to be given. Children should get the first dose of the MMR vaccine between 12-15 months of age, and the second dose between 4-6 years. Teens and adults should also be up to date on their MMR vaccination.



If symptoms develop, do not visit your doctor or emergency room unless you call ahead so they can take precautions to prevent exposure to other individuals. Stay home if you are sick and don't allow visitors in your home as measles is highly contagious.

MOST AT RISK

Those at highest risk for severe illness include:

- Those who are not completely vaccinated or not sure if they are vaccinated
- Pregnant women
- Those with a weakened immune system

Contact your doctor for the vaccine. If you do not have a doctor or health insurance, call the health department at (616) 396-5266 for the vaccine.

*mi*Ottawa Department of
Public Health