

Measles Outbreak 1/2019

What is Measles? Should I be worried?

- Measles is a highly contagious respiratory viral disease that spreads easily when the infected person breathes, coughs, or sneezes. People who are exposed to the virus and have not been vaccinated against Measles (the MMR vaccine) are at high risk of getting sick, with symptoms starting 7-21 days after they are exposed. Symptoms include high fever, runny nose, cough, red eyes, and a rash. The rash starts at the head and spreads to the rest of the body. Measles is especially serious and can be life threatening. People at risk are children under age 1, pregnant women, and those who have a weak immune system.
- There is currently a measles outbreak near Vancouver, WA in Clark County. There are 26 confirmed cases.
- There have been no reported cases in Thurston County

What can I do to protect my children?

- For children over age 1 – we strongly encourage the MMR vaccine which protects against Measles. They should have 2 vaccines, starting at age 1 with their first round and a booster dose 1-3 years later.
- The MMR vaccine is highly effective – 93% of people are protected after one dose and 97% are protected after two doses.

How do I know if my child is vaccinated against Measles?

- We routinely vaccinate all kids at their well visits. If you haven't declined vaccines and have come to their well visits, they should be vaccinated against Measles.
- You can check your child's portal account and look at their vaccine records and their MMR vaccine dates.
- You can also call us and ask.

What should I do if my child is over age 1 and they haven't been vaccinated against Measles but I now want the MMR vaccine?

- Please call us to schedule a shot only appointment for your child as soon as possible

What should I do if my child is under age 1? Can I get them vaccinated early?

- The Health Department is not recommending routine vaccination of children under age 1 at this juncture. Children over age 6 months can get an extra MMR vaccine but this is not recommended at this juncture.
- You could consider limiting your travel to Clark County.
- You could also consider limiting exposure to public places. Please note that we do not have a confirmed case in Thurston County.

What should I do if I think my child has Measles?

- Stay calm and please call us to discuss.
- We would be happy to see your child in our clinic but may ask you to check in from your car by phone and enter/exit the building via the back door to decrease possible exposure to other children and families. Thank you for your understanding and support with this process

Are there other resources I can look at?

AAP – Measles information

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/How-to-Protect-Your-Children-During-A-Measles-Outbreak.aspx>

CDC – Measles Information

<https://www.cdc.gov/measles/index.html>

Measles Information Handout

https://www.doh.wa.gov/Portals/1/Documents/Pubs/Measles%20Basic%20Info_english.pdf

Measles Information in multiple languages:

<https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Measles>

Clark County Measles Outbreak Investigation

<https://www.clark.wa.gov/public-health/measles-investigation>

Multnomah County Measles Outbreak

<https://multco.us/measles2019>