



August 6, 2019

Dear Parent:

Cases of measles have been on the rise in the U.S. Measles is a very contagious infection. It causes a rash all over the body and high fever. Complications can include diarrhea, ear infections, pneumonia, seizures, brain and nervous system infections, hospitalization and even death. Measles can be more severe in young infants and in pregnant women, among others. Measles spreads through the air through coughing, sneezing or breathing. The virus can live on surfaces for up to two hours and can float in the air and infect others for up to two hours after a person with measles leaves the room.

The best way to protect your children is by making sure your child and everyone in your household receives measles-mumps-rubella (MMR) vaccine. Children usually get the first dose of MMR at 12 to 15 months of age and the second dose at 4 to 6 years of age. This is a requirement to attend school.

A complete immunization record is required to attend school. Your child should be up to date with all immunizations before returning to school, especially MMR. If a child in the school develops measles, all children who have not received MMR or have record of immunity will be excluded from school for up to 21 days or more. Please do not send your child to school if they have a rash and fever or if they have recently been exposed to measles and are not vaccinated.

Now is a good time to also check your own immunization records. If you are unable to locate them, speak to your healthcare provider. With most vaccines, including MMR, there is no harm in getting an additional dose if you were previously vaccinated.

If you or anyone in your family develops measles-like symptoms, call your healthcare provider right away.

Please contact NKY Health's epidemiology program with any questions at 859-363.2070. For more information on measles, visit: <https://www.cdc.gov/measles/>

Sincerely,

*Lynne M. Saddler, MD, MPH*

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