

NBSIA Member Services Safety Bulletin

May 2019

PROTECT YOURSELF FROM MEASLES

Measles outbreaks are on the rise. Measles is a highly contagious viral disease. It begins with a fever that lasts for a couple days, followed by a cough, runny nose, pink eye, and rash. Infected people are usually contagious from about four days before their rash starts, to four days afterwards.

In 2019 four outbreaks linked to patients with international travel have been reported in California. As of May 8, 2019, 44 confirmed measles cases have been reported, according to the Center for Disease Control (CDC). *Four of these outbreak cases occurred in Sacramento County and three in the San Francisco Bay Area.*

Vaccination

Children should get two doses of the Measles, Mumps and Rubella (MMR) vaccine. Students admitted to TK/K-12 must have both doses of MMR before attending school.

The CDC is recommending revaccination for some adults. In 1989 the CDC revised their recommendations so that all school-aged children should have two doses of MMR. People vaccinated between 1963 and 1989 most likely have only had one dose of MMR and therefore might need revaccination.

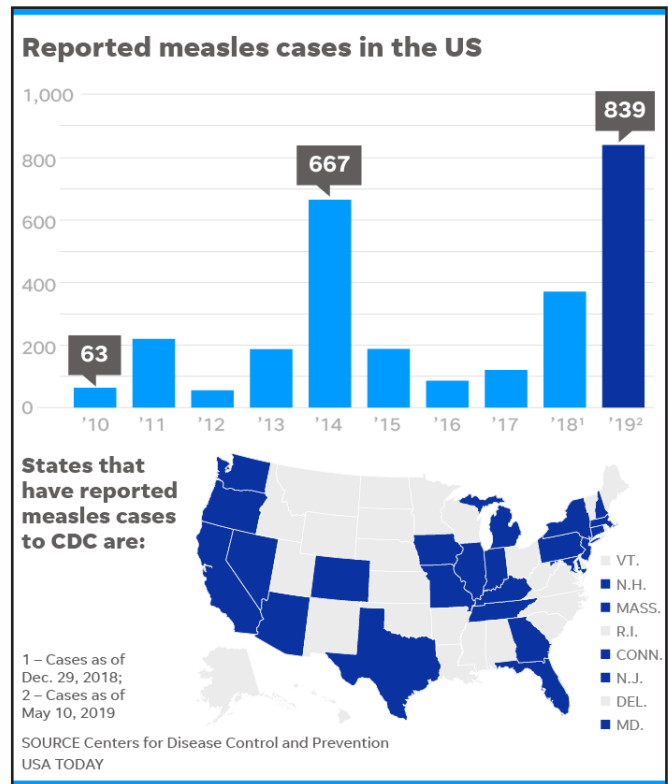
According to the CDC, people born before 1957 might not need to be revaccinated if they had measles as a child, as they would have developed a natural immunity. However, the CDC considers anyone vaccinated between 1957 and 1963 to be at risk of contracting measles because they probably received a vaccine that contained inactivated measles virus.

Talk to your physician to see if you are at risk and in need of an MMR vaccine.

Resources

For more information about vaccinations required for school visit www.shotsforschool.org/k-12/

Visit www.shotsforschool.org/child-care/how-doing/ for childcare and preschool facility immunization data.



Graphic from *USA Today's* article "US Measles Boom Heats Up with 75 More Cases this Week".

For up-to-date information about measles breakouts in California, visit www.cdph.ca.gov/programs/cid/dcdc/pages/immunization/measles.aspx#

For measles information, recommendations, and nationwide outbreak documentation visit www.cdc.gov/measles/index.html

Sources

<https://www.aafp.org/news/health-of-the-public/20190501latestmeasles.html>

<https://www.shotsforschool.org/k-12/>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/measles.aspx#>



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