

FOR IMMEDIATE RELEASE:

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PREPARING FOR MEASLES IN MCPHERSON COUNTY

As of this release, there have been no reported measles (rubeola) cases in McPherson County.

McPherson County Health Department is organizing workshops with local healthcare partners, schools, and childcare facilities to discuss preparing for measles in our communities.

Information, helpful resources, and public releases like this document will be posted to the McPherson County website under the Health Department page in the Infectious Disease subsection (<https://www.mcphersoncountyks.us/1077/Measles-Rubeola>).

Measles is a serious and highly contagious disease. Prevent infection by washing your hands, maintaining a nutritious diet, staying hydrated, and confirming you and your family are vaccinated with the measles, mumps and rubella (MMR) vaccine. MMR vaccine is routinely given at 12 months and again at 4 years old. One dose of the vaccine is 93% effective at preventing measles, while two doses of the vaccine are 97% effective. It is important to note that people born before 1957 are considered immune. People born after 1957 who have not had the disease or any MMR vaccine should be vaccinated.

Measles is spread in the air and by droplets and will live in the air for up to 2 hours after an infected person has left the space, which makes the disease highly contagious. After exposure, symptoms usually appear 7 to 14 days later. Initial measles symptoms include fever, cough, runny nose, red eyes, and sore throat. Days after symptoms begin, tiny white spots may appear inside the mouth. A red or reddish-brown rash that typically begins at the hairline and spreads down the body appears and may be accompanied by an extremely high fever. Someone with measles is contagious from 4 days before the rash to 4 days after the rash appears.

If you believe you have been exposed to measles or have symptoms, please isolate immediately and CALL your healthcare provider. Always call before going to a clinic or hospital so they can prepare for your arrival and prevent the spread to others.