

**MEASLES HEALTH ADVISORY 3-1-24:****Ensure that all students and staff are up to date on MMR and other vaccines****Be on the lookout for Measles. Recent cases have been reported in  
New York City, Pennsylvania and New Jersey****What is measles?**

Measles is a highly contagious viral disease that causes fever and a rash. Common complications from measles include diarrhea and middle ear infection. Severe complications include, pneumonia, encephalitis, and even death.

**Who is at risk?**

Anyone who is not vaccinated/immune can get measles at any age. Children younger than 5, adults older than 20, pregnant women, and immunocompromised persons are at most risk of serious complications.

**How is measles spread?**

The measles virus lives in an infected person's nose and throat mucus. When that person sneezes or coughs, the measles virus sprays into the air and people can breathe in the virus. The virus remains active and contagious in the air for up to two hours. Measles is highly contagious — if one person has it, 90% of people around them will also get it if they are not immune.

**What are the symptoms of measles?**

Early symptoms of measles include fever (which can reach 103 to 105 degrees F), cough, runny nose and red, watery eyes. Three to five days after symptoms start, a rash of red spots appears on the face and then spreads over the entire body.

**Measles Rash on the Face****Measles Rash on the Trunk of Body****Is there a vaccine to prevent measles?**

Yes. Anyone born after January 1, 1957, who has not received two doses of a measles-containing vaccine or does not have a blood test proving that they are already immune to measles, should receive two doses of MMR (Measles, Mumps and Rubella) vaccine.

**Where can I get vaccinated for measles?**

The MMR vaccine, along with other routine vaccinations such as varicella (chickenpox), hepatitis, diphtheria, tetanus, pertussis (whooping cough) HPV and meningitis are available at health care provider offices and pharmacies.

**The Westchester County Health Department provides FREE vaccines to uninsured and underinsured children and adults in White Plains and Yonkers. Call us at (914) 995-5800 to find out if you are eligible and to make an appointment.**