

# Healthy News -- Measles

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**PROMOTE** South Heartland District Health Department (SHDHD) is responding to the recent increase in measles cases across the country, along with the recent case in western Nebraska. Because of the highly contagious and possible severity of measles, every community should remain informed and prepared. SHDHD is actively monitoring the situation and urging you to review your immunization status and take proactive measures to protect yourself and your family.

**PREVENT** Measles is a highly contagious viral illness that primarily affects the respiratory system. The disease is characterized by a range of symptoms that typically appear 7 to 14 days after exposure to the virus. Measles symptoms typically include: high fever (may spike to more than 104° F), cough, runny nose, watery eyes, and rash (breaking out 3-5 days after symptoms begin). Measles can be dangerous, especially for babies and young children and people with a weakened immune system.

Staying current with the measles, mumps, and rubella (MMR) vaccine is the most effective way to prevent measles and its potentially serious complications.

To ensure protection against measles, the following MMR immunization schedule is recommended:

**First Dose:** Administered at 12 to 15 months of age      **Second Dose:** Administered at 4 to 6 years of age

For adolescents and adults without documented evidence of immunity, a catch-up vaccination is advised. Anyone born after 1956 needs two MMR doses or a lab test proving immunity.

**PROTECT** To protect yourself and our community, you are encouraged to:

- **Verify Your Vaccination Status:** Review personal and family immunization records.
- **If needed, vaccinate now.** Check with your clinic, pharmacy or local health department for availability.
- **Call Ahead to Seek Medical Advice:** Consult your healthcare provider if exposure to measles is suspected or if symptoms occur. Please call ahead before a visit to any healthcare provider so that infection control measures can be put in place.
- **Stay Informed:** Follow updates from SHDHD for any further notices or changes to public health recommendations. [www.southheartlandhealth.ne.gov](http://www.southheartlandhealth.ne.gov)

Talk to your healthcare provider or contact SHDHD, 606 N Minnesota Ave, Hastings, NE 402-462-6211

Sources:

Center for Disease Control  
American Academy of Pediatrics

