

# Keep measles out of your school or child care facility

There is a measles outbreak in Michigan. There have also been outbreaks in 14 other states so far in 2019, as well as ongoing outbreaks in many other countries. Measles is one of the most contagious illnesses we know. If one person has it, nearly everyone that has been close to that person will get measles, unless they have been vaccinated or are immune. The virus can live up to two hours in the air.

## What is measles?

Measles is a virus that spreads through the air when an infected person breathes, coughs or sneezes. The symptoms of measles usually start 7 to 14 days after being exposed, but can take up to 3 weeks. The symptoms can include a high fever, cough, runny nose, sore throat, and red, irritated eyes. After 3 to 5 days, a red rash appears, typically starting on the face then spreading all over the body.

People are contagious with measles from four days before the rash appears until four days after the rash starts.

## Is measles serious?

Yes! Measles is not a harmless childhood disease. Most people get very sick when they have measles. About 1 out of 4 people who get measles will be hospitalized and measles can lead to pneumonia, brain damage, deafness, and death.

## What does measles look like?



Flat red spots and small raised bumps



Red watery eyes

## How can schools and child care facilities prevent measles?

### Vaccination is the best defense

The two dose series of the MMR vaccine is nearly 97% effective in preventing measles.

### Check immunization records

Review the immunization status of your staff and all of the children in your facility. Encourage and consider requiring vaccination to prevent an outbreak in your setting if measles comes to our community.

### Continue to practice other prevention measures

- Have staff and children stay home when sick.
- Encourage frequent handwashing with soap and water. Use an alcohol-based hand rub with at least 60% alcohol when soap and water are not available.
- Cough or sneeze into a tissue, upper shirt sleeve or elbow.
- Don't share things like eating utensils, water bottles, or anything else that may spread germs.
- Use environmental cleaners effective for enveloped viruses, a group of viruses including influenza (see instructions here: [https://www.cdc.gov/flu/pdf/freeresources/updated/cleaning\\_disinfecting\\_schools.pdf](https://www.cdc.gov/flu/pdf/freeresources/updated/cleaning_disinfecting_schools.pdf)).

## What should you do if someone at your facility has been told they have measles or were with someone with measles?

1. **Call your local public health department ASAP** for guidance and to report the case  
Primary schools, secondary schools, preschools, camps, or child daycares must report to their local health department the suspected occurrence of certain contagious diseases and events, including measles, per the Michigan Communicable Disease Rules, promulgated under the authority conferred on the Department of Community Health by section 5111 of Act No. 368 of the Public Acts of 1978, as amended, being 333.5111 of the Michigan Compiled Laws.
2. Those who have measles, or are suspected to have measles, will need to be excluded until they are no longer contagious, which is until after the 4th day from the start of the rash.
3. Any exposed child or staff member who does not have proof of immunity to measles need to be excluded until 21 days after the last known case onset.

Those that are not immune should be encouraged to get vaccinated within 72 hours of exposure as it may help prevent illness and, in some cases, allows them to return before 21 days. Contact your health department for further guidance.

## Do you have to close due to measles?

Typically, schools and programs do not need to close due to illnesses or outbreaks if the recommendations described in this flier are followed. However, if the illness is worsening despite following these recommendations, than the facility leadership can work with public health to decide what is best.

## Where can you get more information?

MMDHD website: [www.mmdhd.org](http://www.mmdhd.org)

Michigan Measles Outbreak Page: [www.michigan.gov/measlesoutbreak](http://www.michigan.gov/measlesoutbreak)

General Information: [www.cdc.gov/measles](http://www.cdc.gov/measles) or [www.vaccineinformation.org/measles/](http://www.vaccineinformation.org/measles/)

Addressing Biological Hazards That May Impact Students, Staff, and Visitors:

[https://rems.ed.gov/Resources\\_Hazards\\_Threats\\_Biological\\_Hazards.aspx](https://rems.ed.gov/Resources_Hazards_Threats_Biological_Hazards.aspx)

## Contact MMDHD with questions, to report measles or to schedule vaccinations

Clinton County Branch Office  
1307 E. Townsend Road  
St. Johns, MI 48879  
989-224-2195

Gratiot County Branch Office  
151 Commerce Drive  
Ithaca, MI 48847  
989-875-3681

Montcalm County Branch Office  
615 N. State Street  
Stanton, MI 48888  
989-831-5237



CLINTON • GRATIOT • MONTCALM