

Measles is preventable

Is your family protected?

Southeast Michigan is experiencing a measles outbreak. While there are no cases in our area yet, the Mid-Michigan District Health Department is urging residents to make sure they and their children have been vaccinated.

Measles is a highly contagious virus that spreads through the air when an infected person breathes, coughs or sneezes. The virus can live up to two hours in the air. Measles is so contagious that if someone has it, nearly everyone close to that person will also get the disease unless they have been vaccinated or are immune. A person is considered immune if they have had the disease, been vaccinated or born before 1957.



Symptoms

Symptoms usually appear 7 to 14 days after exposure and can include:

- High fever (may spike to over 104 degrees F)
- Cough
- Runny nose
- Red, watery eyes
- Tiny white spots on the inner cheeks, gums and roof of the mouth
- A red, raised and blotchy rash that starts 3 to 5 days after other symptoms begin

Most at-risk

Those at highest risk for severe illness include:

- Those who are not completely vaccinated or not sure if they are vaccinated
- Pregnant women
- Those who have a weakened immune system

Vaccination is the best defense

One dose of the measles vaccine protects about 95% of children, but after two doses, almost 100% are immune. In those rare instances when a vaccinated person gets the disease, they will experience much milder symptoms and be much less likely to spread it to others.

The measles, mumps and rubella (MMR) vaccine requires two doses. The first dose should be given to children between 12-15 months of age with a second dose given between ages 4-6 years. You cannot get measles from the vaccine.

Get Vaccinated!

Call the Mid-Michigan District Health Department to make an appointment:

Clinton County Branch Office: 989-224-2195

Gratiot County Branch Office: 989-875-3681

Montcalm County Branch Office: 989-831-5237

The vaccine is also available at many pharmacies and doctor's offices.