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## **Measles Case Confirmed in Montcalm County Resident**

**Montcalm County, MI** – The Mid-Michigan District Health Department (MMDHD) has confirmed a case of measles in a Montcalm County resident who has recently traveled out of the State. The health department is working closely with the Michigan Department of Health and Human Services to determine points of exposure.

Anyone who is not immune to measles is at risk. The best protection against measles is the measles, mumps, and rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against measles.

Liz Braddock, MMDHD Health Officer says, “At MMDHD, we take action to protect, maintain, and improve the health of our community. Measles is a serious disease, and we want to make sure that our residents are safe. If you have recently traveled to regions with known measles outbreaks, and you are not vaccinated against measles, you should consider getting vaccinated as quickly as you can. It is important to make sure you protect yourself and families from this vaccine-preventable disease.”

If one person has measles, up to 9 out of 10 people nearby will become infected if they are not protected. Infected individuals can spread measles before noticing symptoms, including four days before the rash appears. Measles symptoms usually appear 7 to 14 days after contact with the virus but can take up to 21 days. Common measles symptoms can include:

- High fever (may spike to over 104°F)
- Cough
- Runny nose
- Red, watery eyes (conjunctivitis)
- Tiny white spots on the inner cheeks, gums and roof of the mouth (Koplik Spots)
- A rash that starts as flat red spots on the face at the hairline, then spreads to the trunk, arms and legs three to five days after symptoms begin. Small, raised bumps may also appear on top of the flat red spots

If you feel you may have been exposed, or if symptoms develop, **call your healthcare provider before seeking treatment** so steps can be taken to prevent exposure to other individuals.

The measles vaccine is highly effective, very safe and provides long-lasting protection. A single dose of measles vaccine is about 93% effective at preventing measles, while two doses are about 97% effective. It is also effective if it is given within 72 hours of measles exposure to prevent illness. Anyone not fully vaccinated against measles is encouraged to do so as soon as possible.

To learn more about measles, visit the Michigan Department of Health and Human Services [Measles Update webpage](#). To learn more about vaccination services available at the Mid-Michigan District Health Department, visit our [Immunization Clinics webpage](#).

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*Mid-Michigan District Health Department has proudly served the residents of Clinton, Gratiot, and Montcalm Counties since 1966. We take action to protect, maintain and improve the health of our community.*