

How to Keep Your Child Safe from Measles and What to Expect if a Person with Measles Attends School

As you may know, there is a measles outbreak in Oregon with 26 confirmed cases reported in Marion, Clackamas, and Multnomah Counties as of 08/09/2024.

Here are some important points to keep in mind:

- Now is a great time for all families to **review their vaccine records** and **make sure their vaccines are up to date.**
- **Measles is a highly contagious, serious disease.** If a case is confirmed in a school, local public health workers will review all staff and student vaccination records to determine the risk of further spread.
- **Keeping children in school is a priority. In the event of an exposure to a contagious illness like measles:**
 - Local Public Health Authority (LPHA) staff will determine if the person exposed is susceptible to measles.
 - If they are determined to be susceptible, **I will work with the LPHA staff** to determine if the person needs to be temporarily excluded from school for 21 days or longer to prevent further spread and to ensure their own safety ([OAR 333-019-0010](#)).
 - This exclusion period aligns with **state and national health guidelines** and is taken with the **well-being of all students, staff and the school community** in mind.
 - The exclusion period may be extended if there are more measles cases (and thus more exposures).
- Students and staff excluded from school after measles exposure should stay home to avoid exposing others in the community.

There is more information about measles and measles immunity on the back side of this letter. If you have questions, please contact Our District Nurse Brenda VanDomelen. If you have questions or concerns about your child's health, please contact your doctor. If you are worried about paying to see your doctor, the Oregon Health Plan (OHP) can help. OHP is **open to all children and teens** younger than 19, **regardless of immigration status** who meet income and other criteria. You can find help enrolling [here](#).

Thank you for your partnership in keeping our school community healthy.

About measles:

- Measles is a very contagious viral disease that can spread through the air when someone sick with measles coughs or sneezes. It can also be spread by direct contact with nose discharge and spit of someone sick with measles.

- The symptoms of measles start with a fever, cough, runny nose, and red eyes followed by a red rash that usually begins on the head or face and spreads to the rest of the body.
- People are contagious with measles for four days before the rash appears and up to four days after the rash appears.
- After a person who is not immune is exposed to measles, symptoms usually develop in one to two weeks, but it can take up to three weeks.
- Complications of measles include ear infection, lung infection and, in rare cases, inflammation of the brain. About one in 1,000 children dies of measles.
- Anyone who is not immune to measles and believes they have measles symptoms should **contact their health care provider or urgent care by telephone before going into the clinic** to avoid exposing others to the virus.
- You are considered immune to measles if any of the following are true:
 - You are a pre-school age child with one measles vaccine (MMR – measles, mumps, rubella)
 - You are a school-aged child or college student who has received two doses of measles vaccine
 - You are a healthcare worker who has had two doses of measles vaccine
 - You are an adult who is not a healthcare worker and who has had one dose of measles vaccine
 - You were born before 1957
 - You have had the measles, diagnosed by a health care provider and confirmed with a lab test
 - You have had a blood test that shows you are immune to measles

If you think you might have measles, call your primary care provider or local public health department (www.healthoregon.org/lhddirectory). You can also call 211 for questions about measles or vaccines.

- Up-to-date information on the current outbreak and public exposures can be found on the OHA website:
<https://www.oregon.gov/oha/ph/diseasesconditions/diseasesaz/pages/measles.aspx>