

Measles Message for Families

MESSAGE THAT SCHOOLS AND CHILD CARES CAN SEND TO FAMILIES ABOUT MEASLES

School Message

Minnesota is currently experiencing a measles outbreak. Measles is a serious disease caused by a virus that spreads through coughing, breathing, and sneezing. Measles can spread easily, especially in schools, so it's important to know how to prevent it and what to do if someone in your home gets sick.

The measles, mumps, rubella (MMR) vaccine is safe and effective and is the best way to protect against measles. If your child has obtained an exemption for the MMR vaccine, and had not received the MMR vaccine, they could be asked to remain home from school for 21 days or longer if they are exposed to measles.

If a family member gets measles, or your unvaccinated child is exposed, the school will guide you on how to stay home and out of school and access educational support like homebound instruction to keep everyone safe.

If parents and families believe their child has experienced bullying, harassment, or intimidation related to the measles outbreak, they should contact their school principal.

More information about the risks of measles disease and the safety and importance of MMR immunization can be found on MDH's [Measles Basics](https://www.health.state.mn.us/diseases/measles/basics.html) (<https://www.health.state.mn.us/diseases/measles/basics.html>) website.

Child Care Message

Minnesota is currently experiencing a measles outbreak. Measles is a serious disease caused by a virus that spreads through coughing, breathing, and sneezing. Measles can spread easily, especially in child cares, so it's important to know how to prevent it and what to do if someone in your home gets sick.

The measles, mumps, rubella (MMR) vaccine is safe and effective and is the best way to protect against measles. If your child has obtained an exemption for the MMR vaccine, and has not received the MMR vaccine, they could be asked to remain home from child care for 21 days or longer if they are exposed to measles.

If a family member gets measles, or your unvaccinated child is exposed, public health will guide you on how to stay home and out of child care to keep everyone safe.

More information about the risks of measles disease and the safety and importance of MMR immunization can be found on MDH's [Measles Basics](https://www.health.state.mn.us/diseases/measles/basics.html) (<https://www.health.state.mn.us/diseases/measles/basics.html>) website.