

As of April 3, 2025, a total of 607 confirmed measles cases were reported by 22 jurisdictions: Alaska, California, Colorado, Florida, Georgia, Kansas, Kentucky, Maryland, Michigan, Minnesota, New Jersey, New Mexico, New York City, New York State, Ohio, Oklahoma, Pennsylvania, Rhode Island, Tennessee, Texas, Vermont, and Washington.

At this time, no measles cases have been reported in our school district, but summer plans often involve travel. To protect your families, I encourage everyone to become more familiar with this disease. For information on how to best protect your family during travel, please go to <https://www.cdc.gov/measles/travel/index.html>

Sincerely,
Nurse Ann

Measles Symptoms

Measles symptoms include:



- a high fever
- cough
- runny nose
- watery red eyes
- and a rash that usually appears between three and five days after symptoms begin.

**The rash usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, torso, arms, legs, and feet.*

Measles can also cause serious complications, such as pneumonia and encephalitis (swelling of the brain), and can lead to miscarriage in pregnant people, premature birth, or a low-birth-weight baby.

Measles Transmission

- The virus spreads easily through the air when someone coughs or sneezes.
- The virus can remain in the air for up to **two hours** after an infected person leaves the area.
- People can also get sick when they come in contact with mucus or saliva from an infected person.
- Individuals at risk include those who have not been fully vaccinated or have not had measles in the past.

Measles Prevention

- Know the signs and symptoms of measles, benefits of vaccination, and stay home when sick.
- **Vaccination is the best protection against measles.**
- It is especially important to review immunizations prior to travel and be vigilant for illnesses upon return.
 - Anyone traveling internationally should be fully vaccinated before traveling. Infants 6–11 months old should get one dose of the MMR vaccine before travel. Then they should get two more doses after their first birthday.
- Implement healthy habits:
 - Encourage frequent hand washing. If soap and water are not available, use an alcohol-based hand rub that contains at least 60% alcohol.
 - Encourage habits such as covering mouth and nose with a tissue or sleeve when coughing or sneezing, and not sharing utensils, water bottles or other items.
 - Clean/disinfect surfaces or objects, especially frequently touched surfaces.

Measles

IT ISN'T
JUST A
LITTLE
RASH



Measles can be dangerous,
especially for babies and
young children.

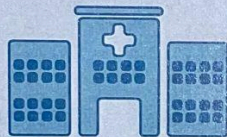


MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3–5 days after symptoms begin



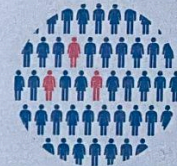
Measles Can Be Serious



About 1 out of 5
people who get
measles will be
hospitalized.



1 out of every 1,000 people
with measles will develop
brain swelling due to infection
(encephalitis), which may lead
to brain damage.



1 to 3 out of 1,000
people with measles
will die, even with
the best care.



You have the power to protect your child.

Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES



American Academy
of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA