

# The Bulldog School Nurses

## SPRING NEWSLETTER



Dear Community Members,

APRIL 2025

We understand that you may have heard about recent measles cases in other parts of the country. We want to assure you that, as of today, there have been no reported cases of measles in our local area. Our goal with this newsletter is to provide you with factual information about measles, its potential complications, and how to ensure your family is protected.

### What is Measles?

Measles is a highly contagious respiratory illness caused by a virus. It spreads easily through the air when an infected person coughs or sneezes. The virus can live in the air for up to **two hours** after an infected person has left the area.

Initial symptoms of measles typically appear **7 to 14 days after exposure** and can include:

- High fever (often reaching 104-105°F)
- Cough
- Runny nose (coryza)
- Red, watery eyes (conjunctivitis)
- Small white spots inside the mouth (Koplik spots), which usually appear 2 to 3 days after the start of symptoms.

A characteristic rash usually develops 3 to 5 days after the start of symptoms. The rash typically begins as flat red spots on the face at the hairline and spreads downward to the neck, trunk, arms, legs, and feet. Small raised bumps may also appear on top of the flat red spots. The rash usually lasts for about 5 to 6 days and fades in the same order it appeared. (PLEASE CLICK LINK FOR THE PICTURES OF THE RASH)

### Why is it Important to Understand Measles?

While for some, measles might seem like a typical childhood illness, it can lead to serious complications, especially in young children, pregnant women, and individuals with weakened immune systems.



Ticks are out, make sure to check your kids (click on link for more info)

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### Potential Complications of Measles:

- **Ear infections:** One of the most common complications, which can sometimes lead to permanent hearing loss.
- **Pneumonia:** An infection of the lungs, which is a leading cause of death from measles in young children.
- **Encephalitis:** Inflammation of the brain, which can lead to seizures, brain damage, and even death.
- **Pregnancy complications:** Measles in pregnant women can lead to premature birth, low birth weight, and maternal death.
- **Subacute sclerosing panencephalitis (SSPE):** A very rare but fatal degenerative disease of the central nervous system that can develop 7 to 10 years after a measles infection.

It's important to remember that these complications are serious and highlight the importance of preventing measles.

### Protecting Yourself and Your Community: The MMR Vaccine

The most effective way to prevent measles is through vaccination with the measles, mumps, and rubella (MMR) vaccine. This vaccine is safe and highly effective.

- **Recommended Schedule:** The Centers for Disease Control and Prevention (CDC) recommends that children receive two doses of the MMR vaccine:
  - The first dose at 12 through 15 months of age.
  - The second dose at 4 through 6 years of age.
- **Adults:** Adults who have not had measles or have not received two doses of the MMR vaccine should also get vaccinated. This is particularly important for healthcare workers, international travelers, and students attending college.

attention all  
**5TH GRADE**

**TDAP AND MENINGOCOCCAL  
VACCINES ARE DUE BEFORE  
ENTERING 6<sup>TH</sup> GRADE**

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### Where to Find More Information About Measles Vaccination:

We encourage you to learn more about the MMR vaccine and how to protect your family. Here are reliable sources of information:

- **Your Healthcare Provider:** Your family doctor or pediatrician can provide personalized advice and administer the MMR vaccine. Please reach out to their office with any questions or to schedule an appointment.
- **The Local Health Department:** The local Health Department is an excellent resource for information on infectious diseases and vaccination programs.
- **The Centers for Disease Control and Prevention (CDC):** The CDC website offers comprehensive information about measles, its transmission, complications, and the MMR vaccine.
- **The New Jersey Department of Health:** The state Department of Health also provides valuable resources and information on measles and vaccination. Their website is a good place to find state-specific guidance.

### Our Commitment to Your Health:

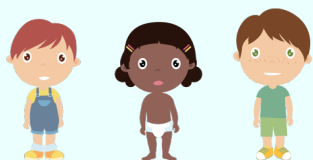
The health and well-being of our community are our top priority. We are closely monitoring the national situation and will keep you informed if there are any developments in our local area. In the meantime, we encourage everyone to ensure they are up-to-date on their MMR vaccinations.

Thank you for taking the time to read this information. By staying informed and taking preventive measures, we can work together to keep our community healthy.

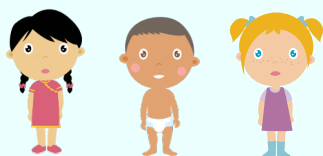


# Measles

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



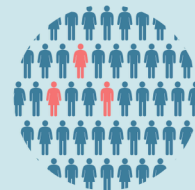
## Measles Can Be Serious



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](http://WWW.CDC.GOV/MEASLES)



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