

Central Nevada Health District

Important Information About Measles: Symptoms, Prevention, and What You Need to Know

April 2025

PARENTS AND GUARDIANS,

We are reaching out to provide important information about measles, a highly contagious viral disease that is preventable through vaccination. With recent outbreaks occurring in various parts of the country and internationally, we want to ensure that our school community is informed and prepared.

What is Measles?

Measles is a serious illness caused by a virus. It spreads easily through coughing, sneezing, or close contact with an infected person. The virus can live in the air for up to two hours after an infected person has left the room.

Symptoms to Watch For:

Measles symptoms usually appear 7–14 days after exposure and may include:

- High fever (may spike to more than 104°F)
- Cough
- Runny nose
- Red, watery eyes (conjunctivitis)
- 2-3 days after symptoms begin: Koplik spots may appear. These are tiny white spots that appear inside the mouth.
- 3-5 days after symptoms begin: A rash that usually starts on the face and spreads to the rest of the body. It usually begins as flat red spots that appear on the face at the hairline. They then spread downward to the neck, trunk, arms, legs, and feet. Small, raised bumps may also appear on top of the flat red spots. The spots may become joined together as they spread from the head to the rest of the body. When the rash appears, a person's fever is likely to spike.
- For photo references of measles skin rash or koplik spots you can find some here:
<https://www.cdc.gov/measles/signs-symptoms/photos.html>

If your child exhibits these symptoms—especially after recent travel—please contact your healthcare provider immediately **before visiting any clinic or office** to avoid exposing others.

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Phone: 775-867-8181

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331 1st St
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PERSHING
535 Western Ave
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Prevention:

The best protection against measles is the **Measles, Mumps, and Rubella (MMR) vaccine**.

Recommendations are:

- First dose at 12–15 months of age
- Second dose at 4–6 years of age

Nevada law (NRS 392.435) requires that children must be immunized before enrolling in a public school, unless exempt for religious beliefs or medical reasons. Parents or guardians must provide the school with an official certificate showing their child has received all required vaccines and appropriate boosters or is in the process of receiving them according to the state's immunization schedule. **These vaccines include protection against diphtheria, tetanus, pertussis (for children under 6), polio, rubella, rubeola (measles), and any other diseases identified by local or state health authorities.** The certificate must be signed by a licensed physician or nurse (or their designee) and must accurately reflect the child's immunization record. If all vaccinations can be completed in one visit, conditional enrollment is not applicable.

If the State Board of Health or the local health department determines a dangerous contagious disease is present at a school, and at least one child who is exempt from immunization attends that school, the exempt child or children must either be immunized **or** will be excluded from school until the State Board of Health or the local health department determines the diseases is no longer a threat and the outbreak is declared over. The child or children will remain excluded from school until the State board of Health, or the local health department allows the student(s) to return to school.

Vaccination protects your child and helps prevent outbreaks in the community. If your child has not been fully vaccinated, we encourage you to contact your healthcare provider or the health department to schedule an appointment.

What to Do If You Suspect Measles:

1. **Call your doctor or health clinic first.** Do not go directly to the ER or office without calling ahead. Inform them of symptoms and any recent travel history.
2. **Contact your school** to notify the nurse. Do not bring your child to school if you suspect measles. Inform them of symptoms and when they first appeared.
3. Isolate your child from others until you receive medical advice.

Travel Precautions:

If you are planning international travel or visiting areas with known measles outbreaks:

- Make sure your child is up to date on MMR vaccinations.
- Infants as young as 6 months may receive an early dose before travel—check with your healthcare provider.
- Be aware of symptoms after travel and avoid contact with vulnerable individuals (e.g., babies, pregnant women, those with weakened immune systems) if your child becomes ill.

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Education and Safety in Schools:

Our staff is trained to recognize signs of illness and will continue to follow public health guidelines. We are also sharing age-appropriate information with students about hand hygiene, covering coughs, and the importance of vaccination.

The Central Nevada Health District is dedicated to keeping our schools safe and healthy for all students. As part of this commitment, we work closely with schools and families to prevent the spread of disease through education, outreach, and support for immunization efforts. By ensuring that students meet state immunization requirements, we help protect not only individual children but the entire school community. Together, we can create a safer learning environment for everyone.

Need Help or Have Questions?

If you would like to schedule your child for a vaccine appointment, or have vaccine questions, measles questions, or any infectious disease concerns, please contact the **Central Nevada Health District** at (775) 866-7535 or Outbreaks@CentralNevadaHD.org.

Thank you for helping us keep our schools and community safe and healthy.

Sincerely,

Victoria Sepcic
Victoria Sepcic, MPH, Epidemiology Program Manager
Central Nevada Health District

4/24/2025

Date

Tedd McDonald MD
Dr. Tedd McDonald, County Health Officer
Central Nevada Health District

04/24/2025
Date

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