

SAFETY FLASH

Be Alert for MEASLES

Don't Let it be Your Travel Souvenir!



As you may be aware, there is an uptick in the number of measles cases in California and in many states across the U.S. From January 1 to May 3, 2019, 764 individual cases nationwide have been confirmed. According to the U.S. Centers for Disease Control and Prevention (CDC), this is the greatest number of cases reported in the U.S. since 1994 and since measles was declared eliminated in 2000.

Locally, Los Angeles County has seen the greatest number of measles cases. Los Angeles International Airport (LAX), UCLA, and Cal State LA were identified as locations where health officials suspected the public came into contact with infected persons. Measles is caused by a virus and is highly contagious; it can spread through the air when an infected person coughs or sneezes.

Symptoms of measles include:

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

How to protect yourself against measles:

- Getting vaccinated is the best way to protect you and your loved ones. The MMR vaccine protects against measles, mumps, and rubella. Two doses of MMR vaccine provide 97% protection against measles.

- Remember that 2 doses of the MMR vaccine are required for admission to K-12 schools in California.
- Vaccination is especially important if you will be traveling internationally. Vaccination rates vary by country. You may get infected by an unvaccinated person.
- Infants 6 to 11 months of age should have 1 dose of MMR vaccine.
- Children 12 months of age or older should have 2 doses, each dose separated by at least 28 days.
- Adolescents and adults who have not had measles or been vaccinated should get 2 doses separated by at least 28 days.

After returning from international travel:

- Watch your health for 3 weeks after you return.
- If you or your child gets sick with a rash and fever, call your doctor.
- Be sure to tell your doctor that you traveled abroad, and if you have received the MMR vaccine.

Questions?

Contact: Michael Nguyen, MPH
Environmental Health &
Safety Administrator
Facilities Planning & Construction
(909)382-4009
mnguyen@sbccd.cc.ca.us

