



**District Health
Department #10**
Healthy People, Healthy Communities



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KEEP MEASLES HISTORY

District Health Department #10 Offers Measles, Mumps, and Rubella (MMR) Vaccine

February 13, 2024 – In 2000, Measles was declared eliminated from the U.S. Despite this amazing achievement, cases of measles do still happen in the United States that are brought here from unvaccinated international travelers. As of January 25, 2024, the [Centers for Disease Control and Prevention](#) (CDC), reported cases of measles in Georgia, Missouri, New Jersey, and Pennsylvania. In 2019 alone, we saw a resurgence of 1,274 confirmed cases in 31 states and the childhood vaccination rates have continued to decline since that year. District Health Department #10 (DHD#10) wants to remind residents that measles is preventable and together, we can keep it from spreading by getting vaccinated.

“We can make measles a thing of the past once again,” said DHD#10 Health Officer Kevin Hughes. “We want to remind residents that getting the MMR vaccine is safe and effective, and the best way to protect yourself from infection.”

Here are the facts according to the CDC:

- **Measles is the most contagious disease**, with one infected person infecting 12-18 nonimmune others. In some cases, a single person has infected hundreds of others.
- Every year, **measles is brought to the U.S by unvaccinated travelers** who get measles in other countries. Sometimes, locally acquired **outbreaks emerge within unvaccinated pockets** of our communities.
- **It is not just a fever or a rash.** While most people recover from measles, it can cause serious health complications, especially in children younger than 5 years of age.
 - About **1 in 5 people in the U.S.** who get measles will be hospitalized.
 - **1 out of every 1,000 people with measles will develop brain swelling**, which could lead to brain damage.
 - **1 to 3 out of 1,000 people with measles will die**, even with the best care.
 - **11 out of every 100,000 people with measles will develop subacute sclerosing panencephalitis (SSPE)**, a progressive, disabling, and deadly brain disorder that generally develops 7 to 10 years after a person has measles, even though the person seems to have fully recovered from the illness.

Common measles symptoms include high fever, cough, runny nose, red, painful, watery eyes, and rash (3-5 days after symptoms begin). By partnering with DHD#10, you have the power to protect your child by providing your children with safe and long-lasting protection against measles with the measles, mumps, rubella (MMR) vaccine.

CDC recommends your child get two doses of MMR vaccine for best protection:

- The first dose at 12 through 15 months of age
- The second dose at 4 through 6 years of age

If your family is traveling overseas with an infant, the vaccine recommendations are a little different to ensure they are protected:

- If your baby is 6 through 11 months old, he or she should receive 1 dose of MMR vaccine before leaving.
- If your child is 12 months of age or older, he or she will need 2 doses of MMR vaccine (separated by at least 28 days) before departure.

Although measles is usually considered a childhood disease, it can be contracted at any age. Teens and adults should also be up to date on their MMR vaccination.

Schedule your MMR vaccine today. Call 888-217-3904, option #2 to make an appointment for the MMR vaccine at your local DHD#10 office today. DHD#10 can bill most insurances to cover the cost of vaccination. DHD#10 uses a sliding-fee scale for the cost of vaccine administration and has programs available to cover the vaccine for children and adults who qualify.

To learn more about measles, visit the CDC here:

<https://www.cdc.gov/measles/index.html>.

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