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## For Immediate Release

June 16, 2014

Public Information Officer

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**Health Update: Measles**

The Toledo-Lucas County Health Department would like to advise that the spread of measles has reached outside of Central Ohio. The most recent case involves an infant less than six months old whose family traveled in mid-May to north-central Ohio, where six counties are experiencing a measles outbreak. At this time measles has not spread to any county inside the Northwest Ohio’s Public Health Emergency Planning region.

Ohio’s continuing measles outbreak is part of the largest outbreak in the U.S. since 1994. If your family plans to travel to affected areas of Ohio, the U.S., or abroad, this is a good time to check with your healthcare provider to make sure you are up-to-date on immunizations. The Centers for Disease Control and Prevention (CDC) website lists U.S. and international “Measles Cases and Outbreaks” at <http://www.cdc.gov/measles/case-outbreaks.html>.

Measles is a highly contagious disease that spreads easily. Symptoms of measles begin with fever, runny nose, cough, loss of appetite, and red, watery eyes for about four days, followed by a rash.  The rash usually lasts 5-6 days and begins at the hairline, moves to the face and upper neck, and proceeds down the body. The disease can also cause severe illness and complications, such as diarrhea, ear infections, pneumonia, encephalitis (brain infection), seizures, and death.  These complications are more common among children under 5 years of age and adults over 20 years of age.

There is no specific treatment for measles. People with measles need bed rest, fluids, and control of fever.  Patients with complications may need treatment specific to their problem. Dr. Grossman would like to reinforce that the best way to protect yourself from measles is getting vaccinated with the measles-mumps-rubella (MMR) vaccine.

For more information, please contact the Toledo-Lucas County Health Department at 419-213-4100.

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