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Health Commissioner

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## FOR IMMEDIATE RELEASE

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May 2, 2019

# Measles: Protect Yourself, Get Vaccinated

The Toledo-Lucas County Health Department continues to observe measles activity and outbreaks occurring in neighboring states including Indiana, Kentucky, Michigan, and Pennsylvania. The Health Department recommends the community to take appropriate precautions to protect themselves from the highly contagious viral disease, measles.

A typical case of measles begins with mild to moderate fever, cough, runny nose, red eyes, and sore throat. Three to five days after the start of these symptoms, a red or reddish-brown rash appears, usually starting on a person's face at the hairline and spreading downward to the entire body. At the time the rash appears, a person's fever may spike to more than 104°F. Infected people can spread measles to others from four days before through four days after the rash appears.

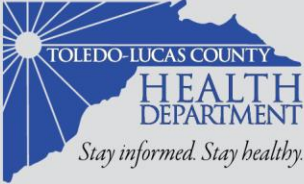
### Stay safe when traveling

1. Ensure you and your family are fully vaccinated for measles at least 4-6 weeks before travel begins.
2. Review your shot record to ensure you are up-to-date on all routine vaccinations before traveling to any destination. Some vaccines may also be required for travel. Ask your doctor if anyone in your family needs vaccines.
3. Avoid contact with people who are sick.

### Prevent the spread of measles

"The best way to protect yourself and your family against measles and other vaccine-preventable diseases, is by immunization," said Health Commissioner, Eric Zgodzinski.

The Centers for Disease Control and Prevention recommends all children get two doses of Measles, Mumps and Rubella (MMR) vaccine, starting with the first dose at 12- through 15-months of age, and the second dose at 4 through 6 years of age. One dose of measles vaccine is about 93% effective at preventing measles if exposed to the virus. Two doses are about 97% effective. Measles vaccine does not cause measles illness. Adults should have at least one dose of MMR vaccine.



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Certain groups need two doses of MMR, including: college students, health care workers, international travelers, and persons at high risk for measles complications.

Adults born in the U.S. before 1957 are considered immune to measles from past exposures, but in situations where exposure to measles is likely, these adults may benefit from an additional dose of MMR vaccine. Individuals who are unsure of their vaccination status are encouraged to check with their physician.

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