

As many of you know, there have been multiple cases of measles reported in California recently. The school district wants to give you some facts regarding measles. If you think you have been exposed or have any signs and symptoms of measles, please seek medical attention. Call your doctor and alert them before you go. If you go to an Urgent Care or Emergency Room, immediately inform the staff of your symptoms, so they can provide proper treatment.

59 cases have been confirmed in California

42 of those cases have been linked to Disneyland visits during December and January

9 confirmed cases in San Bernardino County

Measles is a viral disease. The virus lives in the nose and mouth of infected people, and is spread when coughing or sneezing. It begins with a fever that lasts for a couple days, followed by a cough and runny nose. A rash starts on the face and upper neck, and spreads downwards. After a few days, the rash fades. An infected person is contagious 4 days before the rash starts to 4 days afterwards.

How serious is measles? Measles itself is unpleasant, but the complications can be dangerous. It can lead to ear infection, diarrhea or pneumonia. 1 in 1,000 people will develop inflammation of the brain and about 1 in 1,000 people will die from measles complications.

The best way to prevent measles is being vaccinated. MMR vaccines are given to children after their first birthday, and another dose any time after that. 2 doses after the first birthday are required for school entry. A blood test can determine if you have full immunity to measles.

Again, this information is meant to give you information regarding measles and what to do if you think you may have been exposed or have the signs and symptoms of the measles. If you have additional questions, please ask your health care provider. You can also ask the health technician at your child's school site, or call the district nurse at (760)868-5805 ext 7515.