



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets

From: Central Michigan District Health Department

RE: CMDHD Alerting Public About Measles Case in Osceola County

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CMDHD Alerting Public About Measles Case in Osceola County

CMDHD urges residents to check their vaccination status and watch for symptoms.

Central Michigan District Health Department (CMDHD) has confirmed a case of measles in Osceola County. The health department is working with the Michigan Department of Health and Human Services to investigate the case. Public exposure sites are being evaluated and will be shared if identified.

About 1 in 5 people who get measles will end up in the hospital. So far in 2025, over 1,300 cases have been reported in 40 states. CMDHD urges residents to check if they are protected from measles by reviewing their vaccination records. You can ask your doctor, look it up on the [Michigan Immunization Portal](#), or call your local health department. **You are likely protected if:**

- You have had at least one MMR vaccine, which protects against measles, mumps, and rubella (children over 4 years and some adults at increased risk of exposure should have two doses of MMR to be fully protected); or
- You have a record of immunity to measles; or
- You were born before 1957.

“Measles is very contagious and spreads easily through the air,” said Steve Hall, CMDHD Health Officer. “Anyone not vaccinated is at a higher risk of becoming ill if exposed.” Up to 9 out of 10 people exposed to measles will become infected if they are not protected. Symptoms usually start 7 to 14 days after exposure but can take up to 21 days to show up. **Watch for symptoms:**

- High fever (can go over 104°F)
- Cough
- Runny nose

Please visit us online at www.cmdhd.org.

- Red, watery eyes
- Tiny white spots in the mouth
- A red, raised rash that starts on the face and spreads to the body

If you get these symptoms, call your healthcare provider before seeking medical help. That way, you don't spread measles to others.

The measles vaccine works very well and is safe. One dose offers about 93% protection. Two doses increase protection to about 97%. Getting vaccinated not only helps you, but it also protects others in your community.

Babies under 12 months, pregnant people, and those with weak immune systems may be able to get a different treatment called immunoglobulin (IG). Getting the MMR shot or IG within 72 hours of exposure may stop you from getting sick.

CMDHD offers MMR vaccines. To make an appointment or ask questions, call CMDHD's Personal Health department at 989-314-7570. You can also find a walk-in clinic at www.cmdhd.org/imms. Most insurance plans cover the vaccine. If you don't have insurance or your plan doesn't cover vaccines, you may qualify for free or low-cost shots through the Vaccines for Children (VFC) or Vaccines for Adults (VFA) programs.

Don't wait. Check your vaccine status and get protected now.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org and follow us on [Facebook](#) and [Instagram](#).

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