



Keep Measles Out of Your School or Child Care Setting



How Can Schools and Child Care Settings Prevent Measles?

- ◆ **Vaccination is the best defense against measles**
The two dose series of the MMR vaccine is nearly 97% effective in preventing measles.
- ◆ **Check immunization records**
Review the immunization status of your staff and all of the children in your facility. Encourage and consider requiring vaccination to prevent an outbreak in your setting if measles comes to our community.
- ◆ **Continue to practice other good prevention measures:**
 - Have staff and children stay home when sick.
 - Encourage frequent handwashing with soap and water. Use an alcohol-based hand rub with at least 60% alcohol when soap and water are not available.
 - Cough or sneeze into a tissue, upper shirt sleeve or elbow.
 - Don't share things like eating utensils, water bottles, or anything else that may spread germs.
 - Use environmental cleaners effective for enveloped viruses, a group of viruses including influenza (see instructions here: https://www.cdc.gov/flu/pdf/freeresources/updated/cleaning_disinfecting_schools.pdf).

Why Worry About Measles?

There is a measles outbreak in Michigan and there have been outbreaks in 14 other states so far in 2019. There have also been ongoing outbreaks in many countries around the world. Measles is one of the most contagious illnesses we know. If one person has it, nearly everyone that has been close to that person will get measles unless they have been vaccinated or are immune. The virus can live up to two hours in the air.

What is Measles?

Measles is a virus that spreads through the air when an infected person breathes, coughs or sneezes. The symptoms of measles usually start 7 to 14 days after being exposed, but can take up to 3 weeks. The symptoms can include a high fever, cough, runny nose, sore throat, and red, irritated eyes. After 3 to 5 days, a red rash appears, typically starting on the face then spreading all over the body.

People are contagious with measles from four days before the rash appears until four days after the rash starts.

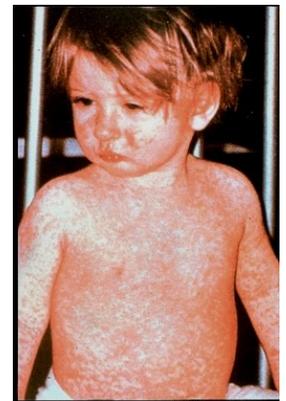
Is Measles Serious?

Yes! Measles is *not* a harmless childhood disease. Most people get very sick when they have measles. About 1 out of 4 people who get measles will be hospitalized and measles can lead to pneumonia, brain damage, deafness, and death.

What Does Measles Look Like?

Here are pictures of:

- Red, watery eyes
- Classic measles rash all over face and body.



Images courtesy of CDC

What Should We Do If Someone At Our Facility Has Been Told They Have or Were With Someone With Measles?

1. **Call your local public health department ASAP** for guidance and to report the case.

Primary schools, secondary schools, preschools, camps, or child daycares **must** report to their local health department the suspected occurrence of certain contagious diseases and events, including measles, per the Michigan Communicable Disease Rules, promulgated under the authority conferred on the Department of Community Health by section 5111 of Act No. 368 of the Public Acts of 1978, as amended, being 333.5111 of the Michigan Compiled Laws.

2. Those who have measles, or are suspected to have measles, will need to be excluded until they are no longer contagious, which is until after the 4th day from the start of the rash.
3. Any exposed child or staff member who does not have proof of immunity to measles needs to be excluded until 21 days after the last known case onset.
 - Those that are not immune should be encouraged to get vaccinated within 72 hours of exposure as it may help prevent illness and, in some cases, allows them to return before 21 days. Contact your health department for further guidance.

Do We Have To Close Due To Measles?

Typically, schools and programs do not need to close due to illnesses or outbreaks if the recommendations described in this flier are followed. However, if the illness is worsening despite following these recommendations, the facility leadership can work with public health to decide what is best.

Where Can I Get More Information?

CMDHD Measles Page: www.cmdhd.org/measles

Michigan Measles Outbreak Page: www.michigan.gov/measlesoutbreak

General Information: www.cdc.gov/measles
www.vaccineinformation.org/measles/

Addressing Biological Hazards That May Impact Students, Staff, and Visitors: https://rems.ed.gov/Resources_Hazards_Threats_Biological_Hazards.aspx

To Report Measles, Schedule Vaccinations, or Questions:

Call Your Local Branch of the Central Michigan District Health Department

Arenac County: 989-846-6541, option 2

Isabella County: 989-773-5921, option 2

Clare County: 989-539-6731, option 2

Osceola County: 231-832-5532, option 2

Gladwin County: 989-426-9431, option 2

Roscommon County: 989-366-9166, option 2

