Measles Can Be Prevented
Is your family protected?

Southeast Michigan is experiencing a measles outbreak. While there are no cases in Barry or Eaton Counties at this time, we urge residents to make sure they and their children have been vaccinated.

Measles is a highly contagious virus that spreads through the air when an infected person breathes, coughs or sneezes. The virus can live up to two hours in the air. Measles is so contagious that if someone has it, nearly everyone close to that person will also get the disease- unless they have been vaccinated or are immune. A person is considered immune if they have had the disease, are fully vaccinated or were born before 1957.

SYMPTOMS

Symptoms usually appear 7 to 14 days after exposure and can include:

- High fever (may spike to over 104 degrees F)
- Cough
- Runny nose
- Red, watery eyes
- Tiny white spots on the inner cheeks, gums and roof of the mouth
- A red, raised and blotchy rash that starts 3 to 5 days after other symptoms begin

VACCINATION IS THE BEST DEFENSE

Measles can be prevented with the MMR (measles, mumps, and rubella) vaccine. To be fully protected against measles, 2 doses of the vaccine need to be given. However, receiving one dose provides some protection until the second dose is able to be given. Children should get the first dose of the MMR vaccine between 12-15 months of age, and the second dose between 4-6 years. Teens and adults should also be up to date on their MMR vaccination.

If symptoms develop, do not visit your doctor or emergency room unless you call ahead so they can take precautions to prevent exposure to other individuals. Stay home if you are sick and don't allow visitors in your home as measles is highly contagious.

MOST AT-RISK

Those at highest risk for severe illness include:

- Those who are not completely vaccinated or not sure if they are vaccinated
- Pregnant women
- Those with a weakened immune system

Make an appointment for you or your child to get vaccinated:
Barry County: (269) 798-4133
Eaton County: (517) 541-2630

Barry-Eaton District Health Department