

DON'T GET MEASLES!

A large measles outbreak is happening in Clark County, southwest Washington. Additionally, King County just confirmed a measles case. So far, we've received NO reports of measles in Skagit County.

PROTECT YOURSELF AND OTHERS

- **Call your medical provider** immediately if you think you have measles
- **Your doctor or clinic will let you know if you need to come in for a visit.**
 - Measles is very contagious and you don't want to give it to someone in a waiting room. It's important to tell your doctor or clinic that you have symptoms of measles before you go. They will give you instructions for what to do so that you don't spread measles. Wear a mask
- **It's important not to spread measles to others.**
 - **Stay home** if you have measles
 - **Don't go to school, work, to the store, or other people's homes.**
 - **Don't have visitors to your home** if you or your child have a fever or rash.
 - **Arrange for delivery** to avoid spending time in common areas like stores.

What is measles?

Measles is not a normal childhood illness. It's a serious disease that can cause brain, spinal cord and lung infections—or even death. Measles is very contagious. It spreads easily through the air and can stay in the air 2 hours after an infected person leaves an area.

Who Can get measles?

People not vaccinated against measles will likely get it if they are exposed.

What are the symptoms?

Measles often begins with a high fever, cough, runny nose, and red, watery eyes. After 3-5 days, a rash usually begins on the face and spreads to other parts of the body. You can spread measles to others as early as four days before you have a rash and for up to four days after the rash first appeared. You can get measles just by being in a room where a person with measles has been. The measles virus stays in the air for up to two hours after that person has left the room.

Immunization

The measles vaccine is safe and effective. Everyone should make sure they are up-to-date on their MMR vaccine. Contact your healthcare provider to determine your vaccination status and take steps to get up to date on your vaccines. Skagit County has no current cases of measles – and only you can help it stay that way. Immunization is the most effective way to prevent measles

Stay Protected

To prevent measles, all it takes is 1 shot at 12 to 15 months of age and a second shot at 4 to 6 years of age to get 97% effective prevention. People not vaccinated on schedule can get 1 shot now and a second shot 1 month later.