



**Public Health**  
Prevent. Promote. Protect.

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For Immediate Release

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### **First Measles Case in Ohio**

HAMILTON – Ohio Department of Health (ODH) has confirmed the state's first measles case of 2019. The unvaccinated young adult from Stark County recently traveled to a state with confirmed measles cases. ODH is currently not disclosing additional information about the infected individual.

Measles is a highly contagious viral disease that is spread through the air when an infected person coughs or sneezes. A small number of cases are capable of quickly producing epidemics. Symptoms include fever, runny nose, cough and rash. Anyone experiencing these symptoms should contact their doctor immediately.

Butler County and city public health officials recommend unvaccinated individuals 1 year and older receive a measles vaccination to protect themselves and those around them. Butler County public health officials agree that, "the best way to protect yourself and your family against measles and other vaccine-preventable diseases is to get vaccinated."

Children should receive their first dose of measles vaccine between 12 and 15 months of age; another dose at 4-6 years of age. Measles/mumps/rubella (MMR) vaccine is generally first given at 12 months of age in the United States, but is sometimes recommended for children as young as 6 months of age who are traveling outside the United States or could be infected in an outbreak.

**If you are uncertain about your vaccination status or are unvaccinated for measles, or think you may be experiencing symptoms of measles, call your health care provider or local health department.** For questions or concerns contact your local Public Health agency;

- City of Middletown residents call 513-425-1818;
- City of Hamilton residents call 513-785-7080;
- Butler County residents call 513-887-7080. To schedule a vaccination appointment for you and or family contact the Butler County General Health District's clinic at 513-887-5253.

More information on measles is available from the Butler County General Health District at [health.bcoho.us](http://health.bcoho.us) and the Centers for Disease Control and Prevention at [cdc.gov](http://cdc.gov); recommended immunization schedules can be found at [cdc.gov/vaccines/schedules/](http://cdc.gov/vaccines/schedules/); Video and audio on the importance of vaccinations and FAQs are available from the Ohio Department of Health at [odh.ohio.gov/](http://odh.ohio.gov/).

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**Public Health**  
Prevent. Promote. Protect.  
**Butler County**  
General Health District



# Measles FAQ



Department  
of Health

## What is measles?

Measles is a vaccine-preventable, infectious, viral respiratory disease caused by the measles virus.

## How can I catch measles?

Measles is highly contagious and is spread easily. The measles virus resides in the mucus in the nose and throat of infected people. When they sneeze or cough, droplets spray into the air and the droplets remain active and contagious on infected surfaces for up to 2 hours. Infected people are usually contagious from about 4 days before their rash starts to 4 days afterwards. Thus, an infected person can spread the disease before knowing he or she is infected.

## What are the symptoms of measles?

Measles symptoms begin with fever, runny nose, cough, loss of appetite, and red, watery eyes for about four days, followed by a rash. The rash usually lasts 5-6 days and begins at the hairline, moves to the face and upper neck, and proceeds down the body.

The disease can also cause severe illness and complications, such as diarrhea, ear infections, pneumonia, encephalitis (brain infection), seizures, and death. These complications are more common among children under 5 years of age and adults over 20 years of age.

## How long does it take to show signs of measles after being exposed?

It takes an average of 10-12 days from exposure to the first symptom, which is usually fever. The measles rash does not usually appear until approximately 14 days after exposure, 2-3 days after the fever begins.

## How is measles diagnosed?

Measles is diagnosed by a combination of the patient's symptoms and by laboratory tests.

## Is there a treatment for measles?

There is no specific treatment for measles. People with measles need bed rest, fluids, and control of fever. Patients with complications may need treatment specific to their problem.

## Can someone get measles more than once?

No.

# Top 4 Things Parents Need to Know about Measles

*You may be hearing a lot about measles lately, and all of this news on TV, social media, Internet, newspapers and magazines may leave you wondering what you as a parent really need to know about this disease. CDC has put together a list of the most important facts about measles for parents like you.*

1

## Measles can be serious.

Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

- About 1 in 4 people in the U.S. who get measles will be hospitalized.
- 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage.
- 1 or 2 out of 1,000 people with measles will die, even with the best care.

Some of the more common measles symptoms include:

- Fever
- Rash
- Runny nose
- Red eyes

2

## Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.



3

## Your child can still get measles in United States.

Measles was declared eliminated from the U.S. in 2000 thanks to a highly effective vaccination program. Eliminated means that the disease is no longer constantly present in this country. However, measles is still common in many parts of the world, including some countries in Europe, Asia, the Pacific, and Africa. Worldwide, an estimated 20 million people get measles and 146,000 people, mostly children, die from the disease each year.

Even if your family does not travel internationally, you could come into contact with measles anywhere in your community. Every year, measles is brought into the United States by unvaccinated travelers (Americans or foreign visitors) who get measles while they are in other countries. Anyone who is not protected against measles is at risk.

4

## You have the power to protect your child against measles with a safe and effective vaccine.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR vaccine for best protection:

- The first dose at 12 through 15 months of age
- The second dose 4 through 6 years of age

If your family is traveling overseas, the vaccine recommendations are a little different:

- If your baby is 6 through 11 months old, he or she should receive 1 dose of MMR vaccine before leaving.
- If your child is 12 months of age or older, he or she will need 2 doses of MMR vaccine (separated by at least 28 days) before departure.

FEB 2015

National Center for Immunization and Respiratory Diseases

Division of Viral Diseases



# The 2019 Measles Outbreak



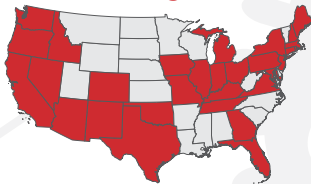
2019's outbreak is the largest since 1994.



**1,124 Cases**

**In 29 States**

including Ohio



This is the greatest number of cases reported in the U.S. since measles was eliminated in 2000.

## Complications of Measles

- Pneumonia is the #1 cause of pediatric measles-related deaths
- Diarrhea, stomatitis, conjunctivitis, and keratitis (may lead to blindness) may occur
- Encephalitis is rare



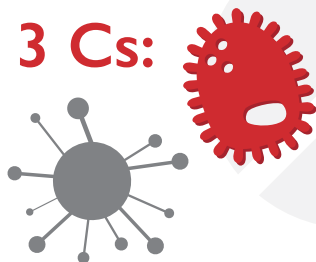
## What are the symptoms?

- Red maculopapular rash that starts on head and spreads down
- Becomes confluent
- Fades in order of appearance



## Remember the 3 Cs:

- Cough
- Coryza (runny nose)
- Conjunctivitis (red eyes)



When Should I think about Measles?

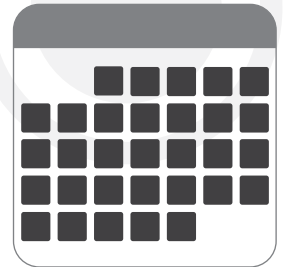


Two major clinical features

**& FEVER & RASH**

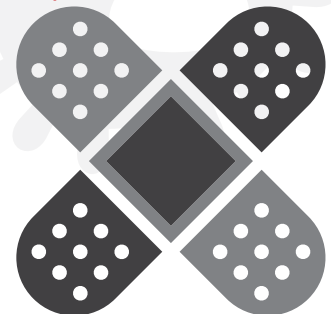
Has the patient received **all** age-appropriate **vaccines** for MEASLES?

First dose at 12-15 months  
**95% protective**  
Second dose at 4-6 years  
**99% protective**



## Testing for Suspected Measles

- Consult with the local/state health departments and local Infectious Diseases specialists for guidance
- Measles IgM (may need to be repeated if initial test is negative because false-negatives may be noted during the first 72 hours of rash onset)
- Serum and throat swabs for measles RNA by PCR (send out test ran at state public health laboratories)
- Measles IgG (presence suggests immunity)



To learn more about vaccinations or to schedule a Maximizing Office Based Immunization (MOBI) training with your practice, please contact Lory Sheeran Winland at [lwinland@ohioaap.org](mailto:lwinland@ohioaap.org).

Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



# MEASLES OUTBREAK

Protect Families & Communities  
with MMR Vaccine



The United States has had more than 1,000 cases of measles in 2019.



Measles is highly contagious respiratory disease caused by a virus. It can be serious for young children. Protect your families and communities by making sure everyone is up to date on measles vaccine, including before traveling abroad.

## MEASLES

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, up to 9 out of 10 people around them will also become infected if they are not protected.

Measles starts with a fever. Soon after, it causes a cough, runny nose, and red eyes. Then a rash of tiny, red spots breaks out. It starts at the head and spreads to the rest of the body. The rash can last for a week, and coughing can last for 10 days. Measles can cause serious health complications, such as pneumonia or encephalitis, and even death.



## CHILDREN NEED 2 DOSES OF MEASLES VACCINE

The best way to protect against measles is with a combination vaccine that provides protection against three diseases: measles, mumps, and rubella (MMR). The MMR vaccine is proven to be very safe and effective.

**CDC recommends that children get one dose at each of the following ages:**

- 12 through 15 months
- 4 through 6 years

Ask your doctor if you and your family have received all recommended doses of MMR for best protection against measles.

## MMR VACCINE IS SAFE & EFFECTIVE

The MMR shot is very safe and effective at preventing measles (as well as mumps and rubella). Vaccines, like any medicine, can have side effects. But most people who get the MMR shot have no side effects. The side effects that do occur are usually very mild, such as a fever, rash, soreness or swelling where the shot was given, or temporary pain and stiffness in the joints (mostly in teens and adults). More serious side effects are rare.

Scientific studies and reviews continue to show that there is no link between vaccines and autism. Vaccine ingredients do not cause autism. Numerous scientists have studied MMR vaccine and thimerosal, and they reach the same conclusion: there is no link between MMR vaccine or thimerosal and autism.

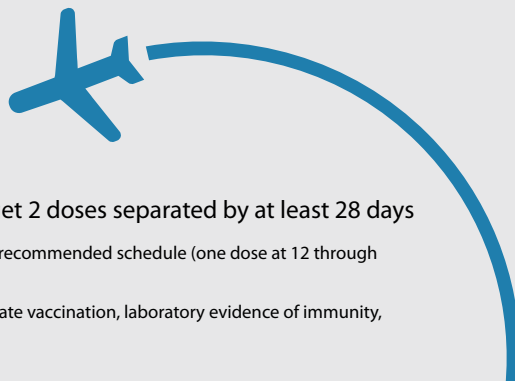
## BEFORE TRAVELING ABROAD

Each year, unvaccinated people get infected while in other countries and bring the disease into the United States and spread it to others. **Before any international travel—**

- Infants 6–11 months old need 1 dose of measles vaccine\*
- Children 12 months and older need 2 doses separated by at least 28 days
- Teenagers and adults who do not have evidence of immunity\*\* against measles should get 2 doses separated by at least 28 days

\*Infants who get one dose of MMR vaccine before their first birthday should get two more doses according to the routinely recommended schedule (one dose at 12 through 15 months of age and another dose at 4 through 6 years of age or at least 28 days later).

\*\*Acceptable evidence of immunity against measles includes at least one of the following: written documentation of adequate vaccination, laboratory evidence of immunity, laboratory confirmation of measles, or birth in the United States before 1957.



Talk to your healthcare professional if you have questions about measles, and visit CDC's website for more information: [www.cdc.gov/measles](http://www.cdc.gov/measles)

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