

Measles

What is measles?

Measles is a highly contagious disease that affects the lungs and can be serious or life-threatening for anyone not protected by a vaccine. Vulnerable groups such as babies and young children are in particular danger of this disease.

How Measles spreads



Cough & Sneezes



Tiny droplets in the air



Can live for up to 2 hours in an airspace after an infected person leaves an area

Measles Information:

Symptoms May Include

- Fever
- Cough
- Runny Nose
- Red, watery eyes
- Tiny white spots inside the mouth
- Red, spotty rash starting on the face

Possible Complications

- Hospitalization
- Pneumonia
- Brain inflammation
- Death
- Premature birth

What To Do If Infected

- If sick, avoid contact with others to prevent spreading the virus.
- Call your healthcare provider before going to get tested.

How to Stay Protected

- Get vaccinated (MMR Vaccine)
 - Contact your healthcare provider for more information
- 2 doses of the MMR vaccine prevent more than 97% of measles infections

Sources:

CDC <https://www.cdc.gov/measles/hcp/clinical-overview/index.html>

Texas DSHS <https://www.dshs.texas.gov/news-alerts/health-alert-measles-outbreak-gaines-county-texas>

Sarampión

¿Qué es el sarampión?

El sarampión es una enfermedad muy contagiosa que afecta a los pulmones y puede ser grave o poner en peligro la vida de cualquier persona que no esté protegida por una vacuna. Los grupos vulnerables, como los bebés y los niños pequeños, corren especial peligro de contraer esta enfermedad.

Cómo se transmite el sarampión



Tos y estornudos



Pequeñas gotas en el aire



Puede vivir hasta 2 horas en el aire después de que una persona infectada salga de una área

Información sobre el sarampión:

Los síntomas pueden incluir

- Fiebre
- Tos
- Esgurrimiento nasal
- Ojos rojos y llorosos
- Pequeñas manchas blancas en el interior de la boca
- Erupción cutánea roja y con manchas que comienza en la cara

Posibles complicaciones

- Hospitalización
- Neumonía
- Inflamación cerebral
- Muerte
- Nacimiento prematuro

Qué hacer si se infecta

- Si está enfermo, evite el contacto con otras personas para evitar la propagación del virus.
- Llame a su proveedor de atención médica antes de ir a hacerse la prueba.

Cómo mantenerse protegido

- Vacúnese (vacuna MMR)
 - Póngase en contacto con su médico para obtener más información
- 2 dosis de la vacuna MMR previenen más del 97% de las infecciones por sarampión

Referencias:

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Measles: Who should get the vaccine?

ACIP recommends that people who don't have presumptive evidence of immunity to measles, mumps, and rubella (MMR) should get vaccinated against these diseases.

- Healthcare providers should confirm evidence of immunity before determining the need for vaccination.

Adults vaccinated between 1963 through 1967 should be re-vaccinated with 1 or 2 doses of MMR

Pregnant Individuals

- MMR vaccine is contraindicated during pregnancy.

Infants & Children

- **Infants:** MMR vaccines are not routinely given if under 12 months old.
 - MMR vaccine can be given as young as 6 months if exposed, during an outbreak, or when traveling to an endemic area.
 - Infants who receive 1 dose of the MMR vaccine before their first birthday are recommended to get 2 additional doses.
- **Children:** First dose at 12–15 months, second dose at 4–6 years.
 - During an outbreak, a second dose can be administered earlier (separated by at least 28 days from the the first dose).

College Students

- 2 doses of MMR vaccine recommended (separated by at least 28 days).

Healthcare Personnel

- Healthcare providers should have 2 documented doses of MMR

Immune compromised

- Those in contact with people with compromised immune systems 12 months of age and older should receive 2 doses of MMR vaccine separated by at least 28 days.
- People 12 months and older with HIV infection and no severe immunosuppression should receive 2 doses of MMR vaccine, separated by at least 28 days apart.

If you have questions about the measles vaccine, please contact your local health department at public.health@co.bastrop.tx.us