



May 16, 2019

Dear Parents and Guardians,

A measles outbreak is happening in Washington, including one case here in Snohomish County. While there has not been a case at your school, we urge you to check with your medical provider to make sure you and your family are up to date on your vaccinations. You can also check your immunizations online at Wa.MylR.net.

Measles is a highly contagious disease that can have serious health consequences, especially for young people and adults. Almost everyone who has not had the measles, mumps, and rubella vaccine (MMR) shot will get measles if they are exposed to the measles virus. Measles spreads through coughing or sneezing and the virus can survive in a room for up to two hours after an infected person leaves.

In the event of an outbreak at your school, the following protocol will be followed:

- **If your child has two doses of MMR or MMRV**, your child is up-to-date with required measles vaccination and can attend school as usual.
- **If your child has at least one dose of MMR or MMRV**, your child can come to school.
- **If your child doesn't have at least one dose of the MMR or MMRV vaccine, your child must be excluded from school until the outbreak at the school is declared over. This could be up to 21 days, or longer if additional cases occur at the school.**

Symptoms of measles generally appear about 7-14 days after a person is infected, but may be up to 21 days after exposure. Measles typically begins with high fever, cough, runny nose and red watery eyes. Three to five days after symptoms begin, a rash appears on the face and spreads downward on the body.

You can protect yourself and your family by ensuring everyone has been vaccinated; staying away from people who are sick; washing your hands frequently, and calling your provider if there is any exposure to a person with measles.

If you have questions or concerns, contact your school or visit www.snohd.org/measles for updates on the outbreak.

Thanks for helping to prevent the spread of measles in your school!

Dr. Mark Beatty, Health Officer
Snohomish Health District