

January 30, 2019

Dear Parent or Guardian:

A large measles outbreak is happening in Clark County in southwest Washington. Additionally, King County just confirmed a measles case. So far there are no confirmed reports of measles in Kitsap County.

Measles is a serious disease that can cause brain, spinal cord and lung infections and death. Measles is very contagious even before a rash appears. It spreads easily through the air and can stay in the air 2 hours after an infected person leaves an area. **Symptoms of measles can include any of the following: high fever, cough, runny nose, red and watery eyes, tiny white spots inside the mouth, and/or rash.**

Two shots of measles-mumps-rubella (MMR) vaccine can prevent measles almost 100% of the time. All it takes is 1 shot at 12 to 15 months of age and a second shot at 4 to 6 years of age. People not vaccinated on schedule can get 1 shot now and a second shot 1 month later.

Some children can't get the measles vaccine for medical reasons. Some children don't get the measles vaccine for personal or religious reasons. **If a case of measles occurs in school or an outbreak occurs in the community, children who do not meet school MMR vaccination requirements will not be allowed to attend school, for their own protection, until the disease is under control.**

The measles vaccine is safe and effective. We recommend your whole family be vaccinated. Contact your healthcare provider or local pharmacy to get vaccinated.

Kitsap Public Health District urges parents who are concerned that they, or their children, may have symptoms of measles to call their healthcare provider **prior** to visiting the medical office so that the healthcare provider can take precautions to avoid exposing others in the office to the measles virus.

If you have any questions about your or your child's measles immunity or the measles vaccine, please contact your primary healthcare provider.

For additional information, visit our website at [www.kitsappublichealth.org](http://www.kitsappublichealth.org).

Sincerely,



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[kitsappublichealth.org](http://kitsappublichealth.org)

