

# MEASLES

**MEASLES OUTBREAK INFORMATION** Last Updated 2-12-19

## Dear Community Members

Health officials in Washington are responding to an outbreak of measles. By staying informed, we can all do our part to protect our families and communities. Here's what we know:



- **Number of Cases in Washington State:** 53 cases in Clark County, 1 case in King County (4 cases in Multnomah County, Oregon)
- **Number of Cases in Tribal or Urban Indian Communities in Washington:** NONE reported to date
- **Schools:** In schools where there has been exposure to measles, students who are not immunized have been asked to stay home in order to protect the community

### What is Measles?

Measles is a **highly contagious** disease. It can cause serious problems, including pneumonia, brain damage, blindness, deafness and death.

### How Do You Get Measles?

The measles virus travels through the air. You can get measles if you go near someone who has the virus, even before they start feeling sick. The virus stays in the air for up to two hours, so adults and children can get sick by entering a room where a person with measles has been within the past 2 hours.



**PROTECT YOUR  
FAMILY AND  
YOUR COMMUNITY**

## What You Can Do

### What are the Symptoms?

Symptoms include: fever, diarrhea, coughing, runny nose, red and watery eyes, tiredness. After a few days, a rash begins, usually starting on the face and spreading throughout the body.

# VACCINATE!

### If You or a Family Member Has Symptoms or If You Have Contact With Someone Who is Sick or Gets Sick

- CALL your tribal clinic or primary care provider—don't go to the clinic or provider's office until you talk to them first
- Follow your healthcare provider's instructions
- Stay home and avoid contact with others, until you receive guidance from your healthcare provider
- Rest and drink lots of fluids

### HOW TO PREVENT GETTING MEASLES

THE BEST WAY TO PREVENT GETTING SICK WITH MEASLES IS TO GET VACCINATED

***CALL your tribal clinic or primary care provider***



FOR MORE INFORMATION, GO TO: <https://www.doh.wa.gov/YouandYourFamily/>