

Cover your mouth • Use a tissue • Wash your hands



Beware of Measles!



Symptoms of Measles

Individuals are contagious four days before the reddish or brownish blotchy rash appears on their skin. Before the rash appears, children will develop cold-like symptoms such as a cough, a runny nose, a fever and red, watery eyes.

Since December 2014, more than 100 cases of measles have been reported in multiple states. Children and adults have been infected. Measles is a highly contagious disease caused by a virus and spreads through contact with fluids from the nose or mouth of an infected person. If an infected person sneezes or coughs, the disease can be transmitted through infected droplets in the air inhaled by those nearby. It is so contagious that 90 percent of unvaccinated people who come into contact with an infected person will get the measles.

Most of the people who have gotten measles in the recent outbreak are individuals who have not received the measles vaccine. Before the vaccine was available, an average of 450 people (mostly children who were healthy) died from the disease every year.

Most children are afraid of injections, so you may want to watch this engaging video with your child to help alleviate his fears. *Sid the Science Kid/Getting a Shot* at <http://www.youtube.com/watch?v=4tpmiGFxRg4>.



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Immunizations

To help your child avoid the measles, keep all immunizations up to date. You will find an immunization schedule for birth through 6 years at http://www.healthychildren.org/Documents/tips-tools/Immunization%20Schedules/IZSchedule_Childhood.pdf.

To protect your child against the measles

Have your child vaccinated with the MMR (measles, mumps and rubella) vaccine or the MMRV (measles, mumps, rubella, and varicella or chicken pox) vaccine. According to the Centers for Disease Control, the American Medical Association and the American Association of Pediatrics, these vaccines are very safe. The side effects are mild. A fever may appear and last a day or two and there may be pain or swelling at the injection site. However, the risk of the vaccine causing serious health problems is extremely small and is much safer than getting measles. Read more at <http://www.healthychildren.org/English/safety-prevention/immunizations/Pages/How-to-Protect-Your-Children-During-A-Measles-Outbreak.aspx>.

