

## **Important Information Regarding Protecting your child against measles**

You may be aware that there has been a recent increase in the number of measles cases in the United States, including neighboring states, including New York and Michigan. Euclid City Schools takes matters like this seriously and our intent is to provide you with information on how to best protect your child and others.

### **Measles can cause very serious illness.**

Measles usually causes a runny nose, red eyes, cough, high temperature and widespread rash. It can also cause complications including ear infections, diarrhea, pneumonia and seizures. It is more likely to be serious in pregnant women, people whose immunity is not working properly and babies under a year of age. Very serious complications, such as inflammation of the brain (encephalitis) are rare, but can be fatal.

### **Measles spreads very easily.**

Measles is one of the most infectious diseases known. You can catch measles if you spend 15 minutes with someone who has the disease. The measles virus is spread through the air and in tiny droplets that come out of the nose and mouth of an infected person.

### **MMR vaccine provides safe and effective protection against measles, mumps and rubella.**

MMR vaccine has been shown across the world to be a safe and effective way of preventing measles. It can protect your child and others against measles infection and its serious consequences.

### **What you can do now?**

In light of the continuing measles activity across the country, the CDC recommends that your child/children receive **two doses of MMR vaccine, which offer the best way to protect your child against measles, mumps and rubella.**

If your child/children need to have the MMR vaccine, please contact your pediatrician, family physician, the Cuyahoga County Department of Health (216) 201-2041 or the Cleveland Department of Public Health (216) 664-2140. Also, please feel free to contact our District Nurse, Chelsie Jackson at her office: (216) 797-6240 or by email: [cjackson@euclidschools.org](mailto:cjackson@euclidschools.org)

There is more information available regarding measles at: <https://www.cdc.gov/measles/index.html>. We do hope you will take this opportunity to ensure your child is fully protected.