

Two Rivers Public Health Department and West Central Public Health Department has issued a statement regarding the recent diagnosis of measles. A case of measles has been identified in Lincoln County and three additional persons are being tested due to measles-like symptoms. Gothenburg High School Track team attended a track meet at North Platte High School on April 4, 2017. The Gothenburg Golf team attended a golf meet on April 6, 2017 in North Platte.

Two Rivers Public Health Department reports that the recent exposure may have occurred at a recent sporting event in North Platte. Individuals visiting North Platte High School or Madison Middle School in North Platte from April 1, 2017 to April 10, 2017 may have been exposed to measles. At this time **NO** cases of measles have been detected in the Two Rivers Public Health Department region. Two Rivers Public Health Department is asking the community to be proactive with early recognition of symptoms. Contact your health care provider if you suspect measles.

Exposures Include:

Madison Middle School April 1, 2017 to April 10, 2017

North Platte Public Transit April 3, 2017 to April 10, 2017

New Life Church Youth Group April 5, 2017 (6:00pm – 10:30 pm)

Great Plains Health Emergency Room April 10, 2017 (6:00 pm – 2:30 am)

Precise Family Care April 11, 2017 (8:00am – 2:00pm)

Great Plains Health Pavilion in Pathology Services April 11, 2017 (11:00 am – 3:00 pm) and April 17, 2017 (12:30 pm to 2:30pm)

Eisenhower Elementary School April 2, 2017 to April 13, 2017

North Platte Airport Diner April 17, 2017 (11:00am – 3:00pm)

Suspect Exposure at GNAC Soccer Tournament April 7, 2017 to April 8, 2017

Adams and Madison Soccer Fields, Restrooms, and Concession Areas

Big Apple in Kearney, Nebraska April 15, 2017 (4:00pm – 10:30pm)

Shell Gas Station (108 2nd Avenue Kearney, Ne) April 15, 2017 (8:00pm – 10:30pm)

Kwik Stop (4th and Poplar in North Platte, Ne) April 17, 2017 (4:30pm – 6:30pm)

What should I do if I attended one of these locations?

Watch closely for the onset of signs and symptoms of measles. Those who were infected at the locations listed above could develop symptoms up to 21 days after their exposure. If you attended one of the locations on the dates and times listed above and develop symptoms of measles, call your healthcare provider right away to discuss your symptoms and potential exposure **before** showing up at a clinic. The provider will advise you to either come to the clinic or arrange a visit at a different location so that other people are not exposed.

What are the signs and symptoms of Measles?

The signs and symptoms of measles generally begin about 7-14 days after exposure. A typical case of measles begins with mild to moderate fever, cough, runny nose, red watery eyes and a sore throat. Two or three days after the symptoms begin, tiny white spots, called Koplick's spots, may appear inside the mouth. Three to five days after the start of symptoms a red or reddish-brown rash appears. The rash usually begins on the face at the hairline and spreads downward to the neck, trunk, arms, legs and feet.

According to the CDC, Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

Immunization (MMR)

School immunization requirements are 2 doses of the (MMR) Measles, mumps, and rubella vaccine. Most school aged children and adults have adequate protection from the measles through mandatory school vaccinations. Students that have not received two doses of the MMR vaccine are at a higher risk if exposed to a person shedding the measles virus. All persons who have not received the required doses of MMR are urged to consider vaccination at this time.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR vaccine for best protection:

- The first dose at 12 through 15 months of age
- The second dose 4 through 6 years of age

You are protected against measles if you have been adequately vaccinated against measles or if you have had measles in the past.

- People born prior to 1957 are considered to be immune because at that time most people were infected with measles as children.
- Most persons under 40 years of age who were compliant with school entry requirements have had two doses of MMR and have a very low risk of developing measles if exposed. Persons who were non-compliant with that requirement are at high risk if exposed to a person shedding the measles virus.
 - Preschool children 12 months of age or older should have had at least one dose of measles-containing vaccine.
 - Infants less than 12 months of age are too young to be vaccinated and should be monitored closely for symptoms if they attended one of the events listed above. Call your healthcare provider if your infant has been exposed and is too young to be vaccinated to discuss options.

<https://www.cdc.gov/measles/about/index.html>
<http://www.wcdhd.org/measles2017.html>