



FOR IMMEDIATE RELEASE

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Prevent the Spread of Measles

KEARNEY – Two Rivers Public Health Department is recommending that individuals who think they might have measles or have been exposed to someone with measles should call their primary care provider **BEFORE** going to the clinic, ER, urgent care, or hospital to prevent the spread of the virus and to allow time for staff to take steps to minimize exposure.

Measles is a highly contagious, potentially deadly, virus and can easily be passed to other individuals, especially in a waiting-room setting.

Please call ahead to the clinic or hospital if:

- You have had the following symptoms
 - High fever (may spike to more than 104° F)
 - Cough
 - Runny nose
 - Red, watery eyes
 - Rash
- You have had contact with a known measles case
- You have travelled to an area where measles is circulating

The best way to protect against measles is with the measles, mumps, and rubella (MMR) vaccine. MMR is safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective. At this time, Two Rivers Public Health Department is offering additional MMR vaccines for those traveling to areas with active measles outbreaks or who wish to receive the vaccine if recommended by a healthcare provider.

ABOUT TWO RIVERS PUBLIC HEALTH DEPARTMENT

Two Rivers Public Health Department engages collaborative partners, community leaders and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district. Follow TRPHD on Facebook and Twitter @2RPHD