

# TIGERS



## Queets Clearwater School District 20

146000 US HWY 101

Forks, WA 98331

Fax: (360) 962.2038

P: (360) 962.2395

Parents,

As of Monday, there are 36 confirmed cases of measles in the state of Washington -- an outbreak that has already prompted Gov. Jay Inslee to declare a state of emergency. The vast majority of cases are south of Queets Clearwater School District in Clark County Washington (Vancouver). The Washington State Department of Health reminds people to take precautions to help stop the spread of measles.

Our School nurse is currently reviewing students to identify those without immunization. Our nurse is remote (not on site). We expect to hear her assessment soon. There have been no known outbreaks in this area. Please review the flyer on our website concerning symptoms and treatment.

If you have been exposed to measles and feel ill, stay home to help prevent the spread of the disease and contact your healthcare provider. If you don't have a healthcare provider, call your local health department or the Family Health Hotline at 1-800-322-2588.

Thank you

A handwritten signature in black ink, appearing to read "R W Rohlman", followed by the date "1-30-2019".

R W Rohlman

# MEASLES

## MEASLES IS A SERIOUS DISEASE

Measles is a serious disease that causes a rash and fever.

Measles is very contagious. It spreads when a person with measles breathes out, coughs, or sneezes.

Anyone who is not vaccinated is much more likely to get measles if exposed.

Measles can be dangerous, especially for babies and young children. In rare cases, it can be deadly.



## PROTECT YOUR FAMILY FROM MEASLES

The best way to protect your family from measles is to get vaccinated. Doctors recommend that all children get the MMR shot and adults should get one if they didn't have it as a child.

The MMR shot is safe and effective at preventing measles. It also protects against mumps and rubella.

Getting the MMR vaccine is safer than getting measles.

Children usually do not have any side effects from the shot. In the few who do, most side effects such as fever, mild rash, or soreness are mild and don't last long.



## MMR VACCINE DOES NOT CAUSE AUTISM

Scientists are studying what makes a child more likely to have autism. Most scientists agree that family genes may make a person more likely to develop autism. They are also studying connections between autism and where a person lives.

No studies have found a link between autism and the MMR vaccine. This has been carefully studied by many doctors and scientists from around the world.

Ask your doctor if you have other questions about measles or MMR vaccine.

**For more information:**

[www.doh.wa.gov/measles](http://www.doh.wa.gov/measles)

[www.kingcounty.gov/health/measles](http://www.kingcounty.gov/health/measles)



**Public Health**  
Seattle & King County

Washington State Department of  
**Health**

# WHAT TO DO IF YOU THINK YOU HAVE MEASLES

## SYMPTOMS OF MEASLES AND HOW IT SPREADS

Measles often begins with a high fever, cough, runny nose, and red, watery eyes. After 3-5 days, a rash usually begins on the face and spreads to other parts of the body.

You can catch measles from an infected person as early as 4 days before they have a rash and for up to 4 days after the rash appears.

You can get measles just by being in a room where a person with measles has been. The measles virus stays in the air for up to two hours after that person has left the room.

## CALL YOUR DOCTOR OR CLINIC RIGHT AWAY IF YOU SEE SYMPTOMS

Your doctor or clinic will let you know if you need to come in for visit.

Measles is very contagious and you could give it to someone in a waiting room. It's important to tell your doctor or clinic that you have symptoms of measles **before** you go. They will give you instructions for what to do so that you don't spread measles.

## STAY AT HOME IF YOU HAVE MEASLES

It's important not to spread measles to others.

Stay at home if you have measles. Don't go to school, work, to the store, or other people's homes.

Don't have visitors to you home if you or your child have a fever or rash.

For more information:

[www.doh.wa.gov/measles](http://www.doh.wa.gov/measles)

[www.kingcounty.gov/health/measles](http://www.kingcounty.gov/health/measles)



DOH 348-651, July 2018



**Public Health**  
Seattle & King County 

This document is available in other formats for people with disabilities. To submit a request, please call 1-800-525-0127 (TTY/TDD 1-800-833-6388).