



## Placer County Health and Human Services Department

**Jeffrey S. Brown, M.P.H., M.S.W.**  
Department Director

**Robert L. Oldham, M.D.**  
Public Health Officer and Division Director

February 2, 2015

Dear Parent/Guardian:

Measles has now been confirmed in more than 90 people in California since December 2014 in at least 11 counties. While there are no confirmed cases in Placer County to date, we continue to monitor the situation very closely. This outbreak is anticipated to grow, and it is quite possible that the outbreak could extend to Placer County soon.

Measles is an infection that spreads easily through the air. Simply being in the same room with someone who has measles can be enough exposure to become infected. Measles is often not diagnosed until the rash appears, but people are contagious for four days prior to the appearance of rash. Measles is very contagious and can spread rapidly once introduced, especially in schools or daycares with low immunizations rates.

The MMR (measles, mumps, rubella) vaccine is safe and effective at preventing measles infection. Two doses of MMR are routinely recommended for all children.

**If your child has not received at least one dose of MMR and is exposed to measles, he/she may be excluded from attending school or child care to prevent further spread of disease.** Due to the long incubation period of the measles virus, exclusions of unvaccinated children from school could last several weeks in the event of a measles outbreak in your child's school. Information about exclusion of unimmunized students is available on the California Personal Beliefs Exemption form as well as in the California Code of Regulations, Title 17, Section 6060.

If you are uncertain if your child has been vaccinated against measles, check your health records or contact your doctor. If you think you or your child may have measles, it is usually best to notify your health care provider by telephone so they can arrange to evaluate your child in a way that limits the potential exposure of others to this highly contagious virus.

Please ensure your children are up-to-date with the measles vaccination. Children should receive their first dose of MMR vaccine at 12-15 months of age and their routine second dose at 4-6 years of age. If your child has not received the recommended doses, contact your health care provider as soon as possible to arrange for vaccination.

Sincerely,

Robert L. Oldham, MD, MSHA

Placer County Public Health Officer