



# County of San Diego

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PUBLIC HEALTH OFFICER

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Dear Parent/Guardian:

Measles has now been confirmed in 10 San Diego County residents, as part of an outbreak associated with exposure at the Disneyland Resort in Orange County in December 2014. The first people who got sick went to Disneyland, but people who were contagious with measles have been in public places throughout San Diego County and additional cases of measles are likely to occur.

Measles is an infection that spreads very easily through the air. Simply being in the same room with someone who has measles is enough to become infected. Because measles is so contagious, it can spread rapidly once introduced and cause outbreaks, especially in schools or day cares where immunization rates are low. Although most children with measles recover, the disease can be fatal.

If your child has not received at least one dose of MMR (measles, mumps, rubella) vaccine and is exposed to measles, he/she may be excluded from attending school or child care to prevent further spread of disease. 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.

What can you do?:

- The MMR vaccine is safe and very effective at preventing measles infection. Two doses of MMR are routinely recommended for all children.
- All parents and guardians should be sure that their children are up-to-date with their measles vaccination. Children should receive their first dose at MMR vaccine at 12-15 months of age and their second dose routinely 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 immunization. If you do not have a health care provider, you can call San Diego 2-1-1 to find a community clinic or public health center close to you for immunizations. If your child has a fever and a rash, telephone your health care provider first and notify them before taking your child in for medical care so that the provider can take appropriate infection control precautions.

For more information about measles, see the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/vaccines/vpd-vac/measles/default.htm>. For questions about school exclusion for measles, call the San Diego Immunization Program at 1-866-358-2966 and press 4 for assistance.

Thank you for taking steps to protect your family and our community from measles.

*Wilma J. Wooten, M.D.*  
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