

# Community Alert: Measles in Hennepin County

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A number of people, mostly children, across Hennepin County have come down with measles because they were not fully immunized.

Measles is a serious disease that can lead to hospitalization and even death. It is **highly contagious** and spreads easily by coughing, sneezing, or even being in the same room with someone who has measles.

Be sure you and your family are immunized against measles to protect yourselves in response to the current outbreak.

- **Children** should get their first MMR (measles, mumps, rubella) shot at 12 months of age and a second MMR shot as soon as four weeks after that.
- **Adults** born in 1957 or after should make sure they've had one MMR shot. If you were born 1956 or earlier, you probably had measles as a child and don't need the MMR shot.

If you or your child develops a rash or fever:

- Call your doctor or clinic right away. They will let you know if you need to come in for a visit.
- Stay at home and avoid having visitors until you have talked with your doctor or clinic.
- **Do not go to a clinic or emergency room without calling ahead first.** Measles is highly contagious and you don't want to give it to someone in a waiting room.

**For more information call:**

**Hennepin County HSPHD-Epidemiology at (612) 543-5230.**