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FOR IMMEDIATE RELEASE
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How To Protect Yourself from Measles

[Akron Ohio] – Summit County Public Health (SCPH) would like to take this opportunity, with the increased measles cases across the State, to remind our residents to remain vigilant, monitor for symptoms, and ensure they are protected against measles through vaccination.

Measles is a highly contagious viral illness that spreads through the air when an infected person coughs or sneezes. Individuals with measles can spread the virus from four days before through four days after the rash appears. The virus can remain in the air for up to two hours after an infected person has left an area.

Symptoms typically develop 7 to 14 days after exposure but can occur up to 21 days later.

Early symptoms include:

- High fever
- Cough
- Runny nose
- Red, watery eyes

A rash usually develops three to five days after symptoms begin, starting on the face and spreading downward over the body. **Anyone who develops a fever and rash or believes they may have measles should stay home, avoid contact with others, and call their healthcare provider before visiting a medical office, urgent care facility, or hospital. Calling ahead allows healthcare facilities to take appropriate precautions to prevent further spread.**

SCPH continues to recommend the following actions:

- Verify your measles vaccination status. Two doses of the measles, mumps, and rubella (MMR) vaccine provide approximately 97% protection against measles.
- Monitor for symptoms if you were potentially exposed.
- Contact your healthcare provider immediately if symptoms develop.
- Stay home and avoid public places if you become ill until you have spoken with a healthcare provider.

The MMR vaccine remains the best protection against measles. We encourage anyone who is not fully vaccinated or is unsure of their vaccination status to speak with their healthcare provider or contact the health department.



Working today for a healthier tomorrow.





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SCPH does not provide testing or treatment for measles. It is important to note that individuals born before 1957 likely have immunity to measles through exposure. The measles (MMR) vaccine is recommended at 12 – 15 months and again at 4 – 6 years of age. If you are unsure of your vaccination status, contact your healthcare provider for guidance.

Public health officials emphasize that while these increases are concerning, measles remains highly preventable through vaccination, and prompt identification and isolation of cases help limit further spread. To make an appointment for measles vaccination call SCPH at 330.375.2772 or for more information about measles, visit: <https://www.cdc.gov/measles/index.html>

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