

FROM THE SCHOOL NURSE

CLEAR CREEK SCHOOL DISTRICT

The importance of the MMR vaccine

As you may have heard, Measles is on the rise in many states including Colorado. Measles is an acute illness characterized by fever, cough, stuffy nose, inflammation of the eye tissue, a rash, and blue-white spots on the inside of the mouth that appear 1 to 2 days before rash onset.

Approximately 30% of reported measles cases have one or more complications. Complications are more common among children less than 5 years of age and adults greater than 20 years of age. Diarrhea, ear infections, croup, and pneumonia commonly occur in young children. Acute encephalitis, which may result in permanent brain damage, occurs in approximately one out of every 1000 cases. Death, predominately due to respiratory and neurological complications, occurs in one to three out of every 1000 cases reported in the United States.

Measles is primarily transmitted through the air via coughing and/or sneezing and the disease can live up to 2 hours in a closed room that an infected person was in.

It is important that all students 4 years old and older have two valid doses of the MMR vaccine at least 4 weeks part. Additionally, parents and school staff should also be protected with two valid doses of the MMR vaccine. If you do not have your records, you can see your physician to have a titer (blood test) drawn to see if you have the immunity to the illness.

If you have any question about your child's symptoms or wonder about how up to date your child's immunization records are please see your physician or school nurse!