FREMONT COMMUNITY SCHOOLS

Office of the Superintendent & School Health Services

Date: November 2, 2026

Subject: Important Health Notice – Confirmed Measles Case in Steuben County

Dear Fremont Community Schools Families,

The health and safety of our students, staff, and families remain our highest priority. We are writing to inform you that we have been made aware of **one confirmed case of measles in Steuben County, Indiana.** While this does not necessarily indicate an exposure within Fremont Community Schools, we want to take this opportunity to share important information about measles, prevention, vaccination requirements, and the steps families should take to protect themselves and our school community.

What Is Measles?

Measles is a highly contagious viral illness that spreads through the air when an infected person coughs, sneezes, or breathes. The virus can remain in the air for up to two hours after an infected person has left the area.

It is important for families to understand that individuals infected with measles can spread the virus before they even realize they are sick. A person with measles is contagious from approximately four days before the rash appears until four days after the rash develops. This means someone can unknowingly expose others to measles before experiencing the characteristic rash, making early identification, vaccination, and prevention especially important.

Symptoms generally appear 7–21 days after exposure and may include:

- High fever
- Cough and runny nose
- Red, watery eyes
- A red, blotchy rash that typically begins on the face and spreads downward

Measles can lead to serious complications, including pneumonia, brain inflammation, and hospitalization, particularly in young children and individuals with weakened immune systems.

What Should You Do if Your Child Has Been Exposed?

If you believe your child has been exposed to measles:

1. **Contact your child's primary care provider immediately**, even if your child is not experiencing symptoms.
2. Notify the school nurse of any confirmed or suspected exposure.
3. Monitor your child for symptoms for 21 days following the last exposure.

4. If symptoms develop, keep your child home and contact your healthcare provider. **Always call ahead before visiting a doctor's office, urgent care, or emergency department** so appropriate precautions can be taken to prevent further exposure.
5. Follow any additional instructions provided by your healthcare provider or local health department.

For individuals who are not fully vaccinated, certain preventive treatments may be available shortly after exposure. Early communication with a healthcare provider is essential.

Why Is Your Child's MMR Vaccination Status Important?

The Measles, Mumps, and Rubella (MMR) vaccine is the most effective way to prevent measles.

For school-aged children, the recommended vaccination schedule includes:

- **First dose:** 12–15 months of age
- **Second dose:** 4–6 years of age

Two doses of the MMR vaccine are approximately 97% effective at preventing measles.

We strongly encourage all families to review their child's immunization records and ensure they are up to date.

School Attendance Following a Measles Exposure

In the event of a confirmed measles exposure, students who are not fully vaccinated or do not have other acceptable evidence of immunity may need to remain home temporarily, as directed by public health officials. This precaution helps protect our students and staff, particularly those who are most vulnerable. We will work closely with affected families and the local health department to provide guidance and support should this become necessary.

How Can Families Help Prevent the Spread?

We ask all families to take the following precautions:

- Verify that your child has received the recommended MMR vaccinations.
- Keep children home when they are ill, particularly if they have a fever accompanied by a cough, red eyes, or rash.
- Notify your healthcare provider promptly if you suspect measles exposure.
- Practice good respiratory hygiene, including covering coughs and sneezes.
- Follow all recommendations from public health officials regarding exposure, vaccination, and school attendance.

Questions or Concerns?

If you are unsure of your child's MMR vaccination status, believe their immunization records may be incomplete, or have questions regarding vaccination requirements or exemptions, please contact **your child's primary care provider or corporation nurse Sarah Foster RN.**

We encourage families to address any vaccination concerns proactively rather than waiting until an exposure occurs.

Fremont Community Schools will continue to monitor the situation and work closely with local and state public health officials. Should additional information become available that directly impacts our school community, we will communicate with families promptly.

Thank you for your continued cooperation and partnership in keeping our Fremont Eagles healthy and safe.

Sincerely,

William Stitt
Superintendent
Fremont Community Schools

Sarah Foster, RN, BSN
School Nurse
Fremont Community Schools