Dear Families,

There have been measles outbreaks in parts of the United States and North Dakota, including a recent exposure in Colfax at Richland #44 Jr./Sr. High School. Measles can be prevented with the Measles, Mumps, and Rubella (MMR) vaccine. We want to explain what will happen if a measles case occurs in our school or if your child is exposed in the community.

What to Expect If There Is a Measles Exposure

- **Unvaccinated individuals** (or those who have never had measles) must quarantine (stay home) for **21 days** after their last exposure. (This represents the virus's incubation period.)
- **Vaccinated individuals** do **not** need to quarantine after exposure.

These steps follow North Dakota Century Code 23-07-17.6, which requires unvaccinated children to stay home during a measles outbreak until health officials determine the risk has passed.

How Measles Spreads

- Measles is **very contagious** and spreads through the air when an infected person coughs or sneezes.
- The virus can stay in the air for up to two hours after the person has left.

Symptoms of Measles

- Fever
- Rash
- Cough, runny nose, or other flu-like symptoms

Possible complications include:

- Pneumonia
- Seizures
- Brain swelling, which can lead to long-term hearing or learning problems

There is no specific treatment for measles. Care focuses on rest, fluids, and over-the-counter medicines to help with symptoms.

Vaccination

MMR Vaccine is recommended for:

- All students and adults born after 1957 who are not fully vaccinated
- The measles vaccine is safe and effective with one dose being 93% effective and two doses being 97% effective.

To schedule a vaccine appointment, call your local provider or Richland County Health Department **701-642-7735**. Vaccines are available even if you do not have health insurance.

If you are unsure of you or your child's vaccination status, Richland County Health Department can assist with locating vaccination records.

In health and wellness,

Kayla Carlson

Kayla Carlson, MPH, MS, CLC
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Richland County Health Department
Prevent. Promote. Protect.

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