Dear Parent/Guardians,

You may be hearing a lot about measles lately and may leave you wondering what you as a parent really need to know. CDC has put together a list of the most important facts about measles for parents like you.

**Measles can be serious.**

Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age.

**Measles is very contagious.**

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected (Immunized).

**Your child can still get measles in United States.** Measles was declared eliminated from the U.S in 2000 thanks to a highly effective vaccine program. Eliminated means that the disease is no longer constantly present in this country. However, measles is still common in many parts of the world. Every year, measles is brought into the United States by unvaccinated travelers who get measles while they are in other countries.

**You have the power to protect your child against measles with a safe and effective vaccine.** The best protection against measles is measles-mumps-rubella vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR for best protection.

Any questions please call me.

Mrs. Murphy R.N
School Nurse