



## Measles Information Sheet

### What is Measles?

Measles is a highly contagious virus that can lead to complications including pneumonia, encephalitis and even death. There is no treatment or cure. The Centers for Disease Control and Prevention (CDC) says 9 out of 10 unvaccinated people will contract measles if exposed to the virus.

Measles can be prevented with the MMR vaccine. This vaccine protects against three diseases: measles, mumps and rubella. According to the CDC, the MMR vaccine is safe and 97 percent effective at preventing measles after the second dose.

Measles spreads through the air when an infected person coughs or sneezes. In fact, the measles virus can stay in the air for up to 2 hours after an infected person was there. So you can get infected by simply being in a room where an infected person once was.

While SACS does not require proof of immunity, we do support the CDC's recommendation that all adults should be up-to-date on their MMR vaccination.

### What should you do?

If you were born before 1957, you are considered immune to measles because almost all individuals born prior to that year likely had measles. If you were born after 1957, you should review your shot records to ensure you have a record of measles shots (1 measles shot or 2 MMR's.) If you do not have proof that you have been vaccinated, you may have a blood test to check for immunity. The SACS clinic can provide this blood test. If you participate in the SACS health insurance plan, the blood test is free. If not, the cost will be \$46.00.

If you do not have proof of immunity or if your blood test shows you do not have immunity, then you may receive the measles shot at the SACS clinic. The MMR immunization requires two shots, at least 30 days apart. The shots are free if you participate in SACS health insurance plan. If not, the cost is \$69.00 per shot.

If you wish to schedule the blood test or the measles shot, you should go to the clinic's website at [www.lhnwellness.com](http://www.lhnwellness.com) to schedule your appointment.

More information is available on the following websites: [www.cdc.gov/measles](http://www.cdc.gov/measles) or <https://www.in.gov/isdh/25456.htm>.

If you have any questions, please contact human resources at 260-431-2050.

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