



# TRINITY COUNTY HEALTH AND HUMAN SERVICES

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## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### Measles Cases in Washington, Oregon, California

TRINITY COUNTY - There is a current measles outbreak in Washington State and Oregon with 57 confirmed cases. While there are no confirmed measles cases in Trinity County, a single case has been reported in California from the Los Angeles area. As we increase measles surveillance, it is valuable to remind our community that Trinity County Public Health has effective procedures in place for controlling the spread of contagious viruses, and has successfully addressed similar issues in the past.

Measles is a highly contagious viral infection that spreads very easily from person to person through coughing and sneezing. It causes a high fever, coughing, runny nose, and the characteristic rash that begins on the face and spreads down the body. The rash appears three to five days after the initial symptoms of fever, cough, and runny nose. Due to a vaccine preventing measles, the illness has become less common in the United States. However, people young and old can still get the measles, and it can lead to serious complications, especially in very young children, adults older than 20, pregnant women, and people with weakened immune systems. That is why it is important to understand what causes measles, who is most at risk for getting it, and how to protect yourself and your family if you are exposed.

The most common risk factors for getting measles include:

- Not being vaccinated – if you have not been vaccinated against measles and come in contact with the virus, your chances of becoming ill are very high.

Measles can be serious among all age groups; however people who may be at especially high risk for complications include:

- Adults – adults who get the measles are likely to have more severe symptoms.

Adult Services/IHSS  
Public Guardian  
PO Box 1470  
Weaverville, CA96093  
(530) 623-1265  
Fax: (530) 623-1297

Child Welfare Services  
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(530) 623-1314  
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CalWORKs  
Eligibility/Employment  
PO Box 1470  
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(530) 623-1265  
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Public Health  
PO Box 1470  
Weaverville, CA96093  
(530) 623-8209 or  
1-800-766-6147  
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WIC  
PO Box 1470  
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- People with weakened immune systems – this may include anyone with an immune-system disorder, and people who are receiving steroid or chemotherapy treatment.
- Very young children – children who are exposed to measles can develop ear infections that result in permanent hearing loss, as well as pneumonia, the most common cause of death among young children with the measles. Swelling of the brain, known as encephalitis, is also a possibility among young children.
- Pregnant women – pregnant women who get the measles are at an increased risk for serious complications, preterm labor, and preterm delivery.

The best way to prevent the measles is to get the MMR vaccine. Children, adolescents and adults should receive two doses. The MMR vaccine is very safe and effective at preventing the disease. Among unvaccinated adults, about 5% will develop a rash after being immunized; however people who experience these rashes are not contagious and do not have full-blown measles. Additional ways to prevent the spread of the measleschickenpox include:

- Isolating known cases and taking airborne infection control precautions when entering a room within 4 hours of a measles case having been present.
- Keeping children who are ill with measles at home until they are no longer contagious.
- Covering coughs and sneezes, and washing your hands regularly.

For more information contact the Trinity County Public Health Department at 530-623-8209 or toll free 1-800-766-6147.

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