



TRINITY COUNTY HEALTH AND HUMAN SERVICES

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PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: April 22, 2019

Contact: Marcie J. Cudziol, Public Health Nursing Director, 530-623-8209

Measles Cases in Northern California

TRINITY COUNTY - There has recently been a third case of measles confirmed in Shasta County. At this time, there have been no measles cases confirmed in Trinity County. 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 illnesses, 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 much 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.

Shasta County has identified these locations as possible exposure sources.

- **Movies 14 in Redding on April 16, 7-11 PM**
- **Club 501 in Redding on April 5 from 10 PM to April 6 at 2 AM**
- **Club 501 in Redding on April 6 from 10 PM to April 7 at 2 AM**
- **Shasta Regional Medical Center in Redding on April 4 from 9 AM – 1 PM**
- **Shasta Regional Medical Center in Redding on April 7 from 1:45-5:15 PM**

Adult Services/IHSS
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Child Welfare Services
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Public Health
PO Box 1470
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(530) 623-8209 or
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- **Shasta Regional Medical Center in Redding on April 7 from 9:15 PM to 12:30 AM**
- **Shasta Regional Medical Center in Redding on April 8 from 12:30–3 PM**

Please contact Trinity County Public Health if you were at any of these locations during the identified time frame.

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.
- **International travel** – travelling in countries where measles is more common and vaccination rates are lower than in the United States

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.
- **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.

A person is considered immune to the measles if they were born before 1957 or have received two doses of measles mumps rubella (MMR) vaccine. The MMR vaccine is safe and very effective at preventing the disease. Additional ways to prevent the spread of measles include:

- Staying at home if you are infected with the measles until no longer contagious.
- Covering coughs and sneezes and washing your hands regularly.
- Avoiding places where you know a person with the measles was present in the last 4 hours.

If you think you have the measles, seek medical attention and **DO NOT** go out in public. It is necessary to contact the clinic, hospital, or doctor's office before arriving so that they can take

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the proper infection control measure. An individual is infectious from four days before the rash starts through four days after the rash appears.

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

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