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Public Notice — Confirmed Measles Case in the Thumb Region

FOR IMMEDIATE RELEASE

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Tuscola County Health Department Confirms Measles Case in the Thumb Region

The Tuscola County Health Department, working with neighboring county health departments and the Michigan Department of Health and Human Services (MDHHS), has confirmed a case of measles in the Thumb Region. The case has been confirmed by laboratory testing and is linked to a known measles exposure. Public health teams are working to identify and notify anyone who may have been exposed.

What is measles?

Measles is one of the most contagious diseases known. It spreads through the air when an infected person coughs, sneezes, or breathes, and the virus can linger in the air and on surfaces for up to 2 hours after that person has left. Someone with measles can spread it from 4 days before the rash appears until 4 days after.

What are the symptoms?

Measles usually begins with:

- High fever
- Cough
- Runny nose
- Red, watery eyes

A rash typically appears 2–4 days later, starting on the face and spreading down the body. Measles can cause serious complications, including pneumonia, brain swelling (encephalitis), and, rarely, death. Infants, pregnant women, and people with weakened immune systems are at highest risk.

What should you do?

- **Check your vaccination status.** Two doses of the MMR (measles, mumps, rubella) vaccine are about 97% effective at preventing measles and provide long-lasting protection. If you or your children are not fully vaccinated, contact your healthcare provider or the health department.
- **Watch for symptoms** if you may have been exposed. Symptoms can appear 7 to 21 days after exposure.
- **Call ahead before going to a clinic, urgent care, or emergency room** if you think you or your child has measles. Calling first allows the facility to prevent spreading the virus to others in the waiting room. Do not walk in without calling.
- **Stay home** and away from others if you develop symptoms until you have spoken with a healthcare provider or the health department.

If you were recently exposed and are not immune, the MMR vaccine given within 72 hours, or a medicine called immunoglobulin given within 6 days, may help prevent illness. Contact the health department right away to find out if this applies to you.

More information

Vaccination is the best protection against measles. To check vaccination records, arrange an MMR vaccine, or ask questions, contact the Tuscola County Health Department at 989-673-8114, www.tchd.us or visit cdc.gov/measles.