



Ada City Schools

School Health Services

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Dear Parents/Guardians,

In light of the recent outbreak of measles in our neighboring state of Texas and other areas of the Nation, we are reaching out to provide you with some information regarding the virus and what to do if you suspect a potential measles infection.

What is Measles? Measles is a highly contagious viral infection that can cause severe complications, especially in young children, pregnant women, and individuals with weakened immune systems. It spreads through the air when an infected person coughs or sneezes. Measles can lead to serious health complications including: pneumonia, encephalitis (swelling of the brain), and even death in rare cases.

Signs and Symptoms of Measles: Measles typically presents in stages, and the symptoms may appear about 10 to 12 days after exposure to the virus. The common signs and symptoms to watch for include:

1. **Fever** - Usually one of the first signs to appear, (may spike to more than 104°F).
2. **Cough** - A dry cough that can worsen over time.
3. **Runny Nose** - Nasal congestion is common.
4. **Red, watery eyes (conjunctivitis)** - This is often associated with light sensitivity
5. **Rash** - A characteristic red, blotchy rash that typically begins on the face and spreads downward to the rest of the body. It usually appears 3 to 5 days after the first symptoms and can last up to a week. A person with measles is contagious from 4 days before the rash appears to 4 days after the rash develops.

What to Do If You Suspect Measles: If you notice any of the above symptoms in your child, especially if they have had potential exposure to someone with measles, it is crucial to contact your healthcare provider immediately. Measles is highly contagious, so it is important to avoid public places and limit exposure to others until a healthcare professional has assessed your child.

Prevention: Aside from practicing good hand hygiene and avoiding close contact with sick individuals, vaccination is the best prevention against measles. Please contact your healthcare provider to find out more information about your student's vaccination status or to schedule a vaccination appointment.

Thank you,

Melanie Rhynes, RN

Melanie Rhynes, RN
Director of Health Services