To: Campus Community  
From: Student Health Center  

The California Department of Public Health released a Public Health Measles Alert this week. Measles is a contagious airborne virus that is preventable by vaccination. The recent cases that were confirmed in Butte County are adults who were not vaccinated against the disease. While the University has not identified any cases on campus at this time, we want to prepare our community members in the most proactive manner possible, and make you aware of steps you can take to protect yourself and our campus community. If you are not vaccinated, get the Measles Mumps and Rubella (MMR) vaccination as soon as possible. While not perfect, a single dose of the vaccine is 93 percent effective in protecting against measles; two doses are 97 percent effective. If you are a student with the symptoms listed below, we recommend that you call the Student Health Center at 530-898-5241 during business hours, and after hours, report to the Enloe Medical Center emergency room. Faculty and staff with any symptoms should contact your medical provider and/or the Enloe emergency room.

Transmission of Measles:

Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing. The measles virus can live for up to two hours in an airspace where the infected person coughed or sneezed. If other people breathe the contaminated air or touch an infected surface, and then touch their eyes, noses, or mouths, they can become infected. Measles is so contagious that if one person has it, up to 90% of the people close to that person who are not immune will also become infected. Infected people can spread measles to others from four days before through four days after the measles rash appears.

Signs and Symptoms:

In some cases, patients presenting with these symptoms are not immediately diagnosed since they mimic flu-like symptoms. Symptoms of measles generally appear about 7 to 14 days after a person is infected. Measles typically begins with high fever of 104–105 degrees, cough, runny nose, and red, watery eyes (conjunctivitis). You are contagious as soon as these symptoms begin. As the infection worsens, a red blotchy rash will appear along the hairline 2–4 days post-exposure and spread behind the ears and down the body.

Vaccination:

Measles can be prevented with the recommended two-dose vaccination. The Student Health Center has MMR vaccines available for students, staff, and faculty for $70 or you may be vaccinated by Butte County Health Department, local pharmacies, or your medical provider.

For additional details, please see this public health alert from the California Department of Public Health.