



## Public Health Communicable Disease Section

Trudy Raymundo  
Director

Maxwell Ohikhuare, M.D.  
Health Officer

January 23, 2015

Dear Parent/Guardian:

The County of San Bernardino Department of Public Health (DPH) has confirmed three cases of measles within the County. Additional suspect cases are under investigation statewide and additional cases are likely to occur.

Measles is a highly infectious disease that spreads through the air. Simply in the same area with someone who has the measles is enough to become infected. Because measles is so contagious, it can spread rapidly once introduced and cause outbreaks, especially in schools or day cares where immunization rates are low. Measles typically begins with fever, cough, runny nose and red eyes and within a few days a red rash appears, usually first on the face and then spreads downward to the rest of the body.

**If your child has not received at least one dose of MMR or is immunocompromised and is exposed to measles, he/she may be excluded from attending school or child care to prevent further spread of disease.** Information about exclusion of unimmunized students is available on the California Personal Beliefs Exemption form as well as in the California Code of Regulation, Title 17, Section 6060.

### What can you do?

**The MMR (measles, mumps, rubella) vaccine is safe and very effective at preventing measles infection. Two doses of MMR are routinely recommended for all children.**

All parents and guardians should ensure that their children are up-to-date with their measles vaccination. Children should receive their first dose of MMR vaccine at 12-15 months of age and their second dose routinely at 4-6 years of age. If your child has not received the recommended doses, contact your health care provider as soon as possible to arrange for immunization. If you do not have a health care provider, you can call DPH appointment line at 800-722-4777 to arrange for immunization. If you think your child has measles, call your health care provider and notify DPH at 800-722-4794.

For more information about measles please call San Bernardino County DPH at 800-722-4794 and ask to speak with a Communicable Disease Investigator.

Sincerely,

A handwritten signature in blue ink that reads "Ohikhuare mo".

Maxwell Ohikhuare, MD  
Health Officer

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