Measles Watch Information

As many of you have seen on the news and social media, there is an uptick of reported measles cases in Indiana. There have currently been 153 cases in Indiana. While there have been 0 reported cases in Knox County there is 1 case in nearby Daviess County. Out of an abundance of caution and spirit of preparedness we are providing you some information about Measles and VU's plan for any reported cases.

The best protection for Measles is the MMR vaccine.

-Those born before 1957 most likely had measles as a child and are immune to the measles.
-If you were born after 1957 you should have been vaccinated as a child.
-If you are unsure if you have been vaccinated and/or have had the Measles you can either go to the Health Dept for the MMR vaccine or call the clinic to inquire about getting a blood test to see if you are immune.
-Children less than 1 year old have not yet been vaccinated. Dr. Stewart is currently reducing the recommended age for the first MMR to 6 months of age.
-1 dose of MMR vaccine provides 93% protection, 2 doses of MMR vaccine provide 97% protection.

Exposure
-If you feel you or one of your students has been exposed to Measles **CALL the UPCC at 812-888-7777** , do not show up in person to UPCC, Convenient Care or the Emergency Room without calling ahead. We will do a phone triage and advise proper next steps.

Isolation/Quarantine
If you or a student have been exposed to measles and have NOT BEEN VACCINATED OR HAVE PROOF OF IMMUNITY (PREVIOUS DOCUMENTED ILLNESS, BLOOD WORK SHOWING IMMUNITY), we will advise the following steps.

-Institute immediate 21 days of isolation from confirmed exposure. Employees would need to be off work. Students should be advised to go home, if that's not possible they would need to be quarantined in a private room. We will refer them to Housing and Residential Life.
-Measles is an airborne virus. Exposure happens in any shared space. Does not need to be direct contact.
-Incubation period is 14-21 days.
-An infected person is contagious from 4 days before symptoms start until at least 4 days after rash develops. We would recommend exclusion from school/work until no new rash is developing, rash is scabbed over, fever is absent (minimum of 4 days)
-First symptoms are fever, cough, runny nose, red/watery eyes. A few days later rash develops, generally starting at the hairline and spreading downward.

If you have any questions or concerns please feel free to contact the clinic.