



Clarkstown Pediatrics Update

# Measles Outbreak

## October 2018

*The largest New York State outbreak in decades*

**Measles** is a horrible disease. It still kills about 100,000 people globally every year, mostly under age five. It causes fever, cough, thick runny nose, and red eyes for two or three days then true misery with rash for five or six days with fever to 105° or more. Measles has a latin root word which means "wretched" or "misery".

**Pneumonia** and ear infections occur in more than 10% of cases. About 3 to 4 per thousand infected patients will develop encephalitis (brain inflammation), or die of the disease. Some may develop neurological problems seven to ten years later (called SSPE).

**Measles** is far more contagious than influenza or any other virus we are used to seeing. A full 90% of those exposed will get measles if they are not immune. The virus can infect someone walking through a room up to two hours after an infected person has left it. Infected patients are contagious for four days before the rash appears until four days afterwards.

**Clarkstown Pediatrics** and parents must work together to stop the spread of this outbreak! MMR vaccine is safe. We have articles about MMR vaccine safety on our website. These urgent recommendations been carefully written by Dr. Mosquera, Medical Director of the Rockland County Department of Health, by the *NY State Department of Health*, and by the *US Center for Disease Control*.

It is up to us to stop this outbreak. I have the greatest respect for all of you. By protecting your children you are also preventing many other children (and adults) from getting measles!



Thanks,

*Doug Puder, MD*

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*Co-President, Rockland County Pediatric Society*

**For Our Parents:**  
**Management of our Measles Outbreak 2018**  
from the Rockland County Department of Health

**1** All infants aged **6 months through 11 months** should receive an **early dose** of MMR as soon as possible. It is safe and recommended to vaccinate even if your infant is sick. (Except for severe illness or vaccine contraindications. This dose will not count towards later school entry.)

**2** All children **12 months or older** should have a dose of MMR as soon as possible if they are unimmunized. It is safe and recommended to vaccinate even if your child is sick. (Except for severe illness or vaccine contraindications.)

**3** All patients **12 months or older** should have a **second dose of MMR** as soon as possible as long as 28 days or more have passed since the first dose. It is safe and recommended to vaccinate even when sick. (Except for severe illness or vaccine contraindications.) These early MMR booster doses **will** be counted for school/kindegarten.

**4** Schedule MMR immunization for all of your children who are not protected **as soon as possible**.

**5** We have plenty of MMR vaccine! (The Dept of Health has extra supply.)

**6** This is a Rockland County wide recommendation. Measles has now spread beyond the Monsey area.

**7** All children over age 4 who received two MMR doses are considered immune and are protected. Nothing else needs to be done.

Further details regarding immunoglobulin for exposed infants under age 6 months, case reporting, and resources are available calling the NY DOH Measles Information Line: **(888) 364-4837**



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