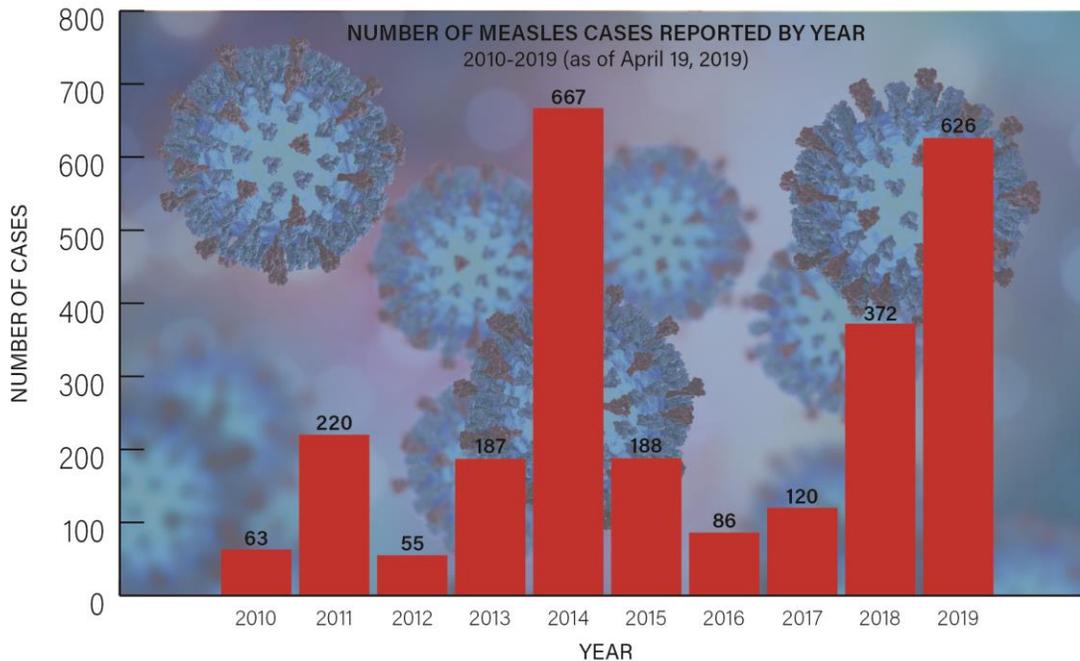




Measles Outbreak: What to Know and How to Minimize Contagion



After having been largely eradicated in the United States since 2000, [according to the CDC](#), measles are back and in a big way. In just the first three months of 2019, the World Health Organization (WHO) [reports a 300% increase](#) in measles cases worldwide and a 50% jump in the U.S. As one of the world's most contagious diseases, measles killed 110,000 in 2017, the last year for which data are available. Yet one of the world's most easily spread infections is also one of the easiest to prevent with a two-dose vaccine commonly known as the Measles, Mumps, Rubella—or MMR—vaccine. The CDC states that the MMR vaccine is “nearly 100% effective” and credits it for almost wiping out the disease in the U.S. in 2000.



Centers for Disease Control and Prevention cases as of April 19, 2019 reported on www.cdc.gov/measles/cases-outbreaks.html

Why has measles suddenly become a significant factor again? Basically, it comes down to the increasing number of unvaccinated people living in the country. The CDC [recommends that 95%](#) of the eligible population be vaccinated against measles, and by 2000 this number was being met. Since then, the rising popularity of anti-vaccine campaigns has brought that number down to around 91% for children between the ages of 19 and 35 months of age, meaning that the U.S. in general is below the recommended guidelines. In fact, many of the outbreaks we hear about on the news today are from pockets of the country in which the rate of unvaccinated people is much greater than this statistic reveals.

What can you do to help prevent the spread of measles? San Diego-based pediatrician Adrienne Lostetter recommends ensuring your entire family’s vaccinations are up to date. Besides that, if you suspect you have contracted measles, stay away from people. “Call ahead,” Dr. Lostetter says. “We and the ER will meet a patient suspected of having measles in their car to avoid exposing those in our offices and waiting rooms. The only protection is vaccination, and it really works.”

If vaccination isn’t an option and you are confirmed with a case of measles, [stay home](#) until at least four days after the measles rash has disappeared. The risk of infection can occur with as little as 15 minutes of exposure to an infected person, so isolation is key to containing the disease. In addition to vaccination and isolation if infected, [the CDC recommends](#) you wash your hands often with soap and water and with hand sanitizer containing at least a 60% alcohol solution if soap and water are not available. Do not touch your face unless your hands are clean. Avoid close contact with anyone who might be affected, and cough or sneeze into a tissue or your sleeve, making sure your nose and mouth are both covered.

In addition to these preventative measures, Nursingtimes.net stresses that notification is “vital for public health action to contain measles.” Some states are [beginning to require](#) the MMR vaccination before children can attend school and are requiring unvaccinated students, or those who cannot prove immunity, to remain at home. Thus, having the ability to track health records and compliance is crucial.

Carminati Consulting’s award-winning Immuware software may be just the solution for you. Immuware is designed to record and track immunizations, screenings, illnesses, and more, making it the perfect tool to help you remain ahead of the measles crisis and any other health care organizational need you may have. Visit Immuware.com to check out more information and to set up a free demonstration of what it can do for you. With tools like Immuware, we can help manage any infectious outbreak, even one as insidious as measles.

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