



Dear Arcadia Faculty and Staff,

Measles has made a sudden return to the national spotlight. Texas is experiencing a measles outbreak and cases have sprung up in other areas such as New Jersey and, this past week, here in Montgomery County. While we believe the rate of measles immunization among our students gives the student population a high degree of protection, we know less about the immunization levels of our employees, their families, and their communities. With this in mind, we would like to share some information about the measles virus, factors that might increase your risk of contracting it, and what you should do if you suspect you or a loved one has been exposed or is infected.

Here are some key facts:

- Measles is a highly contagious virus that spreads through contact with infectious droplets which are spread when an infected person breathes, coughs, or sneezes. These droplets can remain in the air for up to 2 hours after the infected person has left the area.
- Symptoms of measles typically appear 7 to 14 days after exposure to the virus and commonly include high fever (which may spike to more than 104°F), cough, runny nose, and red, watery eyes followed by a body rash a few days after initial symptoms begin.
- Those who are unvaccinated are at highest risk of contracting the measles virus, with about 90% of people who are not immune getting the disease after being near an infected person.
- While most cases are mild, children, particularly those younger than 5 years of age, are at the greatest risk of severe complications such as pneumonia and encephalitis (inflammation of the brain).
- Vaccination is the best way to protect against measles infection, for yourself and those you care about. The MMR (measles, mumps, rubella) vaccine is highly effective; two doses of the vaccine is about 97% effective at preventing measles and one dose is about 93% effective. When at least 95% of a community is up to date with their MMR vaccinations the broader community is protected from an outbreak.

If you have reason to believe that you or someone you care for has been exposed to someone with measles, or is exhibiting symptoms of measles, seek medical care. But, importantly, contact your medical provider before leaving your home so that appropriate precautions can be taken to reduce potential additional exposure. You can also contact your local health department (Montgomery County PA Office of Public Health 610-278-5117).

Additional Resources:

CDC-[About Measles](#)

CDC-[Measles Cases and Outbreaks](#)

Montgomery County Office of Public Health: [Measles](#)

Texas Health and Human Services: [News & Alerts](#) which includes news releases on the measles outbreak or visit their website [Measles Outbreak in Texas](#)

Questions and comments can be directed to the Healthy Knights Team at HealthyKnights@arcadia.edu.



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