A second case of measles has been confirmed in eastern Nebraska.

The case is a child who resides in the Three Rivers Health District. The source of the exposure remains under investigation. Given the extremely contagious nature of measles, officials were prepared to expect a second case. This person was at two locations when they could have infected people who are not immune to measles through either vaccination or history of illness.

The locations are:
- Little Blossoms Childcare in Blair on Jan, 20-23 from 7:00 a.m.-6:30 p.m.
- Jake’s Sports Bar and Grill in Blair from 6:30-10:00 p.m.

The time periods include a two-hour window after the child left during which the measles virus could still infect an individual.

Anyone lacking measles immunity and who was at these locations during these time periods should be quarantined for 21 days from the time of the exposure.

Who is not immune and should be quarantined for 21 days after exposure?
1. All infants under 12 months are too young to be vaccinated and are at high risk for measles, even if given a shot to try to reduce their symptoms.
2. Adults under the age of 57 who have never been immunized against measles, unless they were able to get a vaccination within 72 hours after the exposure.
3. Health care workers (even support staff) and providers of care to infants who are not immune, even if they were able to get a vaccination within 72 hours after exposure.

What does quarantine mean?
This means no school, childcare, church, work, shopping, lessons, etc. An early second MMR shot is recommended for anyone who has been exposed. Anyone who has not been exposed should make certain they are up to date on their immunizations.

Measles vaccine is highly effective. The first dose provides immunity in 95 percent of the people who receive the shot. A second dose increases that effectiveness to 99 percent.

Those most at risk of being infected with the measles are those who have had only one dose or no doses of MMR vaccine, or who have not previously had the measles. Most people less than 40 years of age who followed school entry requirements and had two doses of MMR vaccine have a very low risk of developing measles. Anyone who failed to get the required two doses is at high risk if they were exposed to a person shedding the measles virus. If you or anyone in your family were at one of the locations listed above during the indicated times and have questions about your vaccination status, please contact your physician.

Symptoms of measles generally begin within 7-14 days after exposure and usually in about 10 days. A typical case begins with fever, cough, runny nose, red watery eyes and a sore throat. Two or three days after the symptoms begin, tiny white spots may appear inside the mouth. Three to five days
after the start of symptoms a red or reddish-brown rash appears on the face at the hairline and spreads downward to the neck, trunk, arms, legs and feet.

Measles is a highly contagious viral illness. It spreads through the air by breathing, coughing or sneezing. It is so contagious that any person who is exposed to it and is not immune probably will get the disease.

About 30 percent of measles cases develop one or more complications including pneumonia, ear infections, diarrhea and in rare instances, encephalitis. These complications are more common among children under 5 years of age and adults over 20 years old. Even in previously healthy children, measles can be a serious illness requiring hospitalization. As many as one out of every 20 children with measles gets pneumonia, and about one child in every 1,000 who gets measles will develop encephalitis. For every 1,000 children who get measles, one or two will die from it. Measles also can make a pregnant woman have a miscarriage, give birth prematurely, or have a low birth weight baby.

People are protected against measles if they have been adequately vaccinated with measles vaccine or if they have had measles in the past.

Some points to remember about immunity to measles:

- People born prior to 1957 are considered to be immune because at that time most people were infected with measles as children.
- Two doses of measles-containing vaccine are considered evidence of adequate vaccination for school-aged children, college students, and adults born in or after 1957 who are healthcare personnel or frequent international travelers.
- Preschool children one to four years of age should have had at least one dose of measles-containing vaccine. Preschool children who visited the above locations during the time periods listed, should receive a second dose of vaccine as soon as possible.
- Infants less than 12 months of age should be monitored closely for symptoms if they were at any of the locations during the times listed above. The child’s physician also should be consulted.
- Other adults born in or after 1957 who are not healthcare personnel or frequent international travelers and cannot confirm that they have been vaccinated or had measles in the past should consider getting a dose of vaccine at this time to minimize their risk of acquiring measles in the future.

If you have questions, please call your physician, or for Douglas County exposures, call the Douglas County Health Department at (402) 444-7214, Monday through Friday, from 8:00 a.m. until 4:30 p.m., or for Blair exposures call the Three Rivers Public Health Department at (402) 727-5396, Monday through Friday from 8:00 a.m. until 4:00 p.m.

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