

North Putnam Middle School
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Dear North Putnam Parents,

As most of you are probably aware, as of Feb. 24, 2012, there have been 16 confirmed cases of measles reported in central Indiana. Measles (Rubeola) is an extremely contagious respiratory illness caused by a virus. The virus lives in the mucus in the nose and throat of an infected person and is spread in air droplets when the infected person breathes, sneezes or coughs.

Signs and symptoms of the measles include: fever, fatigue, cough, runny nose and red eyes about 7-10 days after exposure. Two to four days later, a rash begins at the hairline and spreads downward on the back, trunk, arms, hands, legs and feet. After about 5 days, the rash fades in the same order in which it appeared. Measles can cause serious complications, including ear infection (permanent loss of hearing may result), pneumonia and encephalitis (brain swelling). In some cases, measles may be fatal.

Vaccination with two doses of the MMR vaccine (Measles, Mumps, Rubella) is the most effective way to prevent transmission and to be fully protected against the disease.

The Indiana State Department of Health has set up a hotline to help answer questions about the measles. The hot line phone number is 1-877-826-0011 (TTY/TTD 1-888-561-0044). The hot line is available Monday thru Friday 8:15 am-4:45 pm. You may also go to www.statehealth.in.gov to learn more about the measles.

Your in Good Health,

Marilynn Unger, RN
NPCSC School Nurse