

News Release

April 23, 2019

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Confirmed Sacramento County Measles Cases

Sacramento, Calif. – On April 23, Sacramento County Public Health confirmed two cases of measles in a Sacramento County family with a recent history of international travel. There was minimal exposure to the public and all potentially exposed individuals have been notified.

Measles spreads easily by air and nonimmune people can become infected simply by being in the same room with someone who has measles, even after the infectious person has left the room. Those who develop an illness with fever (101 degrees or higher), cough, runny nose or red eyes, with or without rash, should call their healthcare provider. Those experiencing symptoms should not go out in public or to a clinic, hospital or physician's office before calling the facility first to help prevent the spread of disease. Anyone diagnosed with measles should stay home until they have been cleared by a doctor.

One in every 20 people with measles develops pneumonia and, more rarely, serious, even life-threatening complications can occur. Those infected with measles can be infectious for up to four days prior to and after developing the measles rash. The symptoms of measles generally appear about seven to 21 days after a person is infected. The Centers for Disease Control and Prevention reports that nine out of 10 people around the infected person will also become infected if they are not protected.

The best protection against measles is two doses of measles vaccine (MMR). Measles vaccine have been available in the United States since 1963, and two doses have been recommended since 1989.

Sacramento County Public Health Officer Dr. Olivia Kasirye, said, "We are working to educate the public about the risks of measles and the best prevention, which is vaccination. I urge the public to get vaccinated against this potential deadly disease and want to remind parents that there is scientific evidence that shows there is no link between vaccinations and autism."

Sacramento County Public Health strongly encourages those who are 12 months or older that are not vaccinated to get immunized with the two-dose measles, mumps, and rubella (MMR)

News Release

vaccine series. Those who are unsure of their vaccination history should check with their healthcare provider and check for measles immunity or receive the MMR vaccine.

“One dose of the measles-mumps-rubella vaccine, provides up to 95 percent protection,” said Sacramento County Public Health Officer Dr. Kasirye. “The second dose can be given as soon as a month after the first dose, which boosts protection to nearly 100 percent.”

The public can receive immunizations from their health care provider. For those with no insurance coverage for immunizations, the Sacramento County Department of Health Services Immunization Assistance Program provides low/no cost vaccinations to children under the age of 19. To learn more about immunizations for children and adults, vaccine-preventable diseases, or clinics near you, call (916) 875-7468 (SHOT).

More information about the measles can also be found on the [Sacramento County Public Health website](#) or the California Department of Public Health website at www.cdph.ca.gov/.

Additional immunization resources:

[Measles fact sheet](#)

[California Department of Public Health measles information](#)

[Health Map vaccine finder](#)

[CDC's recommended immunization schedule](#)

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