

****You can edit this document once you have made a copy. Go to the top menu and select "File," then select "Make a copy" from the dropdown menu.****

[Date]

Dear _____:

We have become aware of a measles exposure at our office. Measles is a very contagious infection. It causes a high fever and rash that appears on the face, along the hairline/forehead, and spreads all over the body. Complications can include diarrhea, ear infections, pneumonia, seizures, brain and nervous system infections, hospitalization, and even death. Measles can be more severe in young infants and in pregnant women, who may have miscarriages and premature labor.

The best way to protect yourself is to make sure you are up-to-date with the measles-mumps-rubella (MMR) vaccine. Most people get the first dose of MMR at 12 to 15 months of age and the second dose at 4 to 6 years of age. To protect our workplace during this outbreak, anyone older than 12 months of age with only one MMR dose should talk to a healthcare provider or their local health department about getting the second dose now. Delaying vaccinations