

## Preparing for a Healthy Spring

Hello Fernwood Families,

You may be aware that measles cases are rising in other states. Measles can spread quickly in a school setting and can cause serious illness. People that have not been vaccinated are at high risk for severe disease, especially students 5 years of age and younger, pregnant people, and people with weakened immune systems. **The most important step you can take is to ensure that your family is vaccinated with the measles, mumps, rubella (MMR) vaccine.** The MMR vaccine is safe and very effective at preventing measles disease.

For prevention of measles, two doses of MMR vaccine are recommended routinely for children, at age 12 through 15 months and the second dose at ages 4 through 6 years (school entry). In general, adults should have one dose of MMR. Two doses of MMR vaccine are recommended for adults at high risk for measles, including international travelers, students at post-high school education institutions, and healthcare personnel.

Unvaccinated individuals may need to stay home for up to 21 days each time they are near someone who has the measles if an outbreak occurs in our community.

Please follow this link for more information about measles:

<https://www.dhs.wisconsin.gov/immunization/measles.htm>

Don't hesitate to contact me if you have questions.

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