



Preparing and Responding to Measles

Dear MTCS Families,

There is an increase in measles cases in the metro area, which has highlighted a need for vaccinations.

- **Anyone who is not vaccinated is at risk of getting sick from measles**

The Minnesota Department of Health and health officials are urging families to make sure they are up to date on their measles, mumps and rubella (MMR) vaccine as a measles outbreak continues to impact unvaccinated children in the Twin Cities metro area.

Measles is a highly contagious rash illness that spreads easily by coughing, sneezing or even being in the same room with someone who has measles. It can be spread before someone shows symptoms. The virus can remain in the air for up to two hours after an infected person leaves an area. Measles can cause serious disease leading to hospitalization and even death.

After over 50 years of use, the MMR vaccine has been shown to be safe to receive and works to prevent measles. General recommendations for MMR vaccine are for children to get two doses, one at 12-15 months of age and one at 4-6 years of age, although a second dose can be given earlier.

"While parents may not be able to protect their kids from all the risks that come with childhood, you can protect your child from measles. The MMR vaccine is extremely effective at protecting kids, families and the entire community," said Dr. Abdul Abdi, pediatrician at Children's Minnesota. "Some families seem concerned that the MMR vaccine is somehow linked to autism, but this is a myth.

Children can get vaccinated at their regular clinic. The Minnesota Vaccines for Children program (MnVFC) provides [Free or Low-cost Vaccines for Children](#) in Minnesota who are uninsured, enrolled in a Minnesota health care program like Medical Assistance or MinnesotaCare, or children who are American Indian or Alaska Natives. Children who do not have health insurance to cover vaccines can also get vaccinated through local public health departments. Check your county government website to find a local public health immunization clinic.

Local public health immunization clinics in the metro area include:

- [Anoka County: Immunization Clinic \(PDF\)](#)
- [Carver County: Immunization Services](#)
- [Dakota County: Vaccine Clinics](#)
- [Hennepin County: Childhood Immunizations](#)
- [City of Bloomington: Public Health](#)
- [City of Minneapolis: Vaccines](#)
- [Ramsey County: Immunization Clinic](#)
- [Scott County: Public Health Clinics](#)
- [Washington County: Immunization Clinics](#)

For more information regarding measles and vaccinations, please visit the MDH [measles](#) website. If you have any questions, please also reach out to the Health Office at your child's school.

Thank you for supporting a safe and healthy learning environment.

MTCS Health Services Department