



March 12, 2024

Measles Update

Recently the Chicago Department of Public Health identified several cases of measles in Chicago. Currently, there are no identified cases of measles in Lake County; however, it is important to be ready and protect those in our community.

As an organization that works with vulnerable populations, we are asking for your assistance in preventing an outbreak of measles in Lake County, Illinois.

What is Measles?

Measles is a highly contagious disease with serious possible complications including hospitalization, long-term illness, and death. Children and those aged 6 months and older should get an MMR vaccine to help protect them from serious illness. Children under five years of age, adults over 20 years of age, pregnant people, and people with immunocompromised health are most at risk of measles complications.

What are symptoms of Measles?

Measles infection causes a rash to appear, alongside a high fever, diarrhea, coughing, runny nose, eye and ear infections. Someone who is infected can spread the disease to other people before noticing any symptoms, especially in the four days before and after the rash develops. In severe cases, measles can cause serious illness and even death.

How can we protect our clients?

The measles-mumps-rubella (MMR) vaccine is highly effective. Individuals with a history of prior infection or vaccination who have received the full series of MMR vaccines are 97% protected and are unlikely to contract measles. Visit the CDC's [page on Measles](#) to learn more about what it means to be fully vaccinated for children and adults.

It only takes a few days for protection (antibodies) to start growing in response to the MMR vaccine. Within two to three weeks, your body will get full protection.

To avoid a measles outbreak:

1. Encourage and share information about the MMR to prevent measles.
2. Help clients find out their immunization status. If someone is not protected against the Measles or is unsure if they are protected, encourage them to speak to a provider about receiving the MMR vaccine series or checking for protection.

3. Staff should review their immunization status and speak to a healthcare provider if they are not immune.
4. If you learn of any client that may have measles, immediately **call our 24/7 reporting hotline at (847) 377-8130, selecting option #1 or if you can't reach us, call the Illinois Department of Public Health at 217-782-2016.**

Remember to follow hygiene best practices including:

1. Covering your mouth and nose with a tissue or your upper arm when you cough or sneeze.
2. Regularly washing your hands (for at least 20 seconds) or using alcohol-based hand sanitizer.
3. Staying home when you are sick.
4. Keeping your distance from those who may be ill.
5. Cleaning and disinfecting (with 10% bleach product) things you touch often, like doorknobs or faucet handles, and shared items (e.g., toys, utensils, etc.).

Thank you for your assistance in keeping our community healthy.

Sincerely,

Dr. Sana Ahmed

Medical Epidemiologist

Communicable Disease Program

Lake County Health Department and Community Health Center

Resources

Where do I find information about...

1. [Measles \(CDC\)](#)
2. [Vaccine for Measles \(CDC\)](#)
3. [Measles Signs and Symptoms \(CDC\)](#)
4. [Measles, Mumps, and Rubella \(MMR\) Vaccination: What Everyone Should Know \(CDC\)](#)
5. [IDPH Vax Verify Portal](#)
6. [Measles Fact Sheet \(CDC\)](#)
7. [Measles Infographic for Parents \(CDC\)](#)
8. [Top 4 Things Parents Need to Know about Measles \(CDC\)](#)
9. [Measles Q&A \(Immunize.org\)](#)

Who can I contact with questions?

Communicable Disease (CD) Program: Call (847) 377-8130



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