Owensboro Catholic Schools

Measles Exposure: What Parents Need to Know

Dear OCS Families,

The health and safety of our students and staff is always our priority. While we do **NOT** currently have a measles case at school, we want to provide this information so you know what to expect should your child ever be exposed to measles in the school setting.

Measles is a highly contagious viral illness that easily spreads through respiratory droplets and tiny airborne particles when an infected person coughs, sneezes, talks, or breathes. These tiny droplets may remain in the air for up to **two hours** after an infected person has left the area.

If a measles exposure were to occur, Owensboro Catholic Schools would work closely with **our local health department** and follow their directives. The information below outlines the steps you should take and what you can expect if your child is identified as having been exposed.

What Should I Do if My Child Has Been Exposed?

✓ **Contact your child's healthcare provider immediately.**
Your provider can determine if your child is protected against measles and advise whether vaccination or other treatment is recommended.

✓ **Check your child's immunization records.**
Children who have received the recommended doses of the MMR (Measles, Mumps, and Rubella) vaccine are generally well protected.

✓ **Contact the School** for further guidance

✓ **Monitor your child for symptoms for 21 days after exposure.**

Symptoms of measles may include:

- Fever (often high)
- Cough
- Runny nose
- Red, watery eyes
- Small white spots inside the cheek
- A red rash that typically begins on the face and spreads downward over the body

If Your Child Develops Symptoms

- **Contact the school** and **keep your child home** from school, childcare, sports, and other activities.
- **Call your healthcare provider before arriving** at the office so precautions can be taken to prevent exposing others.
- Follow your healthcare provider's instructions regarding testing and care.

School Exclusion Requirements

To help prevent the spread of measles:

- **Children diagnosed with measles** must be excluded from school and childcare **through the fourth day after the rash begins**, or as directed by our local health department. The day the rash appears is considered **Day 0**.
- **During a measles outbreak,** any **unimmunized child who has been exposed** to measles must be excluded from school **for at least 21 days after the LAST date of exposure**, or as directed by our local health department.

Help Prevent the Spread of Measles

- Keep your child's immunizations up to date.
- Wash hands frequently and cover coughs and sneezes.
- Notify the school if your child has been diagnosed with measles or has been instructed by a healthcare provider or health department to remain home following an exposure.

Questions?

If you have questions about measles exposure or your child's immunization status, please contact your child's healthcare provider or our local health department.

Thank you!