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PRESS RELEASE

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Additional Protection Against Measles in Iowa

Johnson County, Iowa – Iowa HHS and local public health agencies are investigating an evolving measles outbreak in southern Iowa. Due to the recent outbreak, Johnson County Public Health is recommending an accelerated MMR vaccination schedule.

While the routine MMR schedule is one dose at 12–15 months and a second dose at 4–6 years, additional options for earlier protection include:

- An early extra dose of MMR between 6 and 11 months of age (“dose 0”); this dose does NOT count toward the routine series
- The first routine dose (dose 1) can be given after 12 months of age, at least 28 days after dose 0
- The second routine dose (dose 2) can be given at least 28 days after dose 1, instead of waiting until age 4–6 years

Symptoms of Measles:

Measles is a highly contagious viral illness. Symptoms usually appear 7 to 14 days after exposure and may include:

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Small white spots inside the mouth (Koplik spots)
- A red rash that typically starts on the face and spreads downward

If You Develop Symptoms:

If you were exposed and begin to have symptoms of measles (such as fever, cough, runny nose, red eyes, or a rash), please call your medical provider and let them know you may have been exposed to measles and are sick.

A community where all can achieve optimal health.

If you need to go to an urgent care clinic or emergency department, please call before arriving to tell the facility about your possible exposure so they can make special arrangements. This helps protect other patients and staff from being exposed.

The best way to keep yourself, your family, and your community safe is to make sure everyone is up to date with their vaccinations. If you're not sure if you have been vaccinated for measles, or if you have questions, call your medical provider or local pharmacy. "We're concerned for anyone who hasn't been vaccinated, but especially infants under one year who have not had a chance to be vaccinated yet. This is why it is important everyone else who can be vaccinated does so," said Jennifer Miller, Disease Prevention Specialist.

For more information or if you have any questions, please contact Johnson County Public Health at 319-356-6040 and ask to speak to a Disease Prevention Specialist.

For the latest case counts and measles guidance in Iowa, visit the Iowa HHS CADE disease information page (<https://hhs.iowa.gov/health-prevention/disease-information>).

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