

A message from our healthcare provider

May 8, 2019

So far in 2019, our country is experiencing the highest number of measles cases since the disease was considered eradicated from the U.S. in 2000, due to increasing numbers of people not being vaccinated. Most of the outbreaks have been in New York and California, but there has been at least one case reported in 23 states this year. Most outbreaks have been started by a single person who was exposed during international travel, then introduced measles to their communities before they knew they had it.

Measles is extremely contagious, but the vaccination is very safe and highly effective, and children are routinely vaccinated at their 12-month and 4-year visits. However, the question most people are asking is, *which adults need to be vaccinated?* The simple answer is that anyone who cannot prove he or she is immune to measles should have either a blood test to check their immunity or get a booster vaccination.

Who is immune to measles?

- Born before 1957: considered universally immune to measles due to the prevalence of measles before that time.
- Vaccinated 1968 or after: at least one documented measles vaccination on or after their first birthday.

Who may not be immune to measles?

- Anyone vaccinated before 1968 may have received a less effective vaccine.
- Anyone who can't prove he or she was vaccinated

What should you do if you're concerned about immunity to measles?

- Review your immunization shot record
- Take a blood test to check for immunity, or
- Receive a measles vaccine booster

Who is at higher risk for contracting measles?

- International travelers, college students, and healthcare workers should have TWO measles vaccinations or lab evidence of immunity.

Finally, please know that Legacy Health & Wellness can help you and your family members work through any concerns, as well as provide measles blood tests, boosters, and vaccinations.



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