



Cerro Gordo County Department of Public Health

MEDIA RELEASE

May 9, 2017

Contact: Kara Ruge, Marketing & Public Information Officer, (641) 421-9333

Health officials ask residents to review their immunization records

(Mason City) — In light of the recent increasing measles activity in Minnesota, health officials with the Cerro Gordo County Health Department are encouraging all adults to review their immunization records as well as the records of their children to ensure they are up to date on their MMR (Measles, Mumps, & Rubella) immunizations.

According to the Minnesota Department of Public Health, the number of confirmed measles cases as of Friday May 5 has reached 44, with the majority of these cases occurring in unvaccinated children.

Measles is one of the most contagious diseases on the planet. It spreads easily through the air by droplets of respiratory secretions from an infected person when they cough or sneeze. Once the infected person has coughed or sneezed, the virus can live in the air and on surfaces for up to 2 hours. Approximately 90% of individuals who are unvaccinated or do not have any immunity to measles will become infected if they are exposed to the virus. Currently there is no treatment for measles and complications can include pneumonia, swelling of the brain, and death.

The MMR vaccine is a safe and effective way to protect yourself and your loved ones from measles. Since the introduction and widespread use of the MMR vaccine in the United States there has been a 99% reduction in measles cases.

The MMR vaccine is recommended for the following:

- Children: 2 doses
 - First dose – 12-15 months of age
 - *Some infants younger than 12 months of age should get a dose of MMR early if they are traveling out of the country.
 - Second dose – 4-6 years of age
- Adolescents: 2 doses if the adolescent does not have proof of vaccination as a child.
- Adults: 1-2 doses

If you are unsure of you or your family's immunization status, the following resources may be helpful in obtaining the information:

Cerro Gordo County Department of Public Health • 22 N. Georgia Ave. Suite 300

Mason City, IA 50401 • (641) 421-9300 or Toll Free: 1-888-264-2581

Facebook: Cerro Gordo County Public Health • Twitter page: <http://twitter.com/CGPublicHealth>

Web site: www.cghealth.com

- Visit www.iris.iowa.gov and enter the patient portal.
- Contact you or your child's physician's office.
- Contact the physician's office you were taken to as a child.
- Any adult 18 years of age or older who was born after 1956 and cannot confirm that they have been vaccinated or have had measles in the past should consider vaccination.
- Contact the State Immunization Registry of the state you lived in as a child, which you may find by internet search.
- Contact the high school you last attended.
- Contact the local health department in the county you live in or have previously lived in.
- Contact the Cerro Gordo County Department of Public Health at 641-421-9322.

If you or your child is in need of an MMR vaccination, please contact your Physician's office or the Cerro Gordo County Department of Public Health at 641-421-9321. The MMR vaccine is covered by most major insurance companies. Programs are available to assist in covering the cost of the vaccine for individuals who do not have health insurance or who have health insurance but the vaccine is not covered.

The Cerro Gordo County Department of Public Health's Immunization Clinic is open Monday through Friday 10AM-Noon & 12:30-4PM. Walk-ins are welcome.

For more information about recommended immunizations or your current immunization status, please call 641-421-9321 or visit our website at www.cghealth.com.

###