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Nebraskans Encouraged to Stay Protected Against Measles

Lincoln, NE – With measles outbreaks and significant exposure events occurring across the nation and recently in surrounding states, including [southern Iowa](#), the Nebraska Department of Health and Human Services encourages Nebraskans to ensure everyone in their family is up to date on the Measles, Mumps, and Rubella (MMR) vaccine.

“The best way to protect yourself, your loved ones, and your community from the measles is with the MMR vaccine,” said Dr. Sydney Stein, DHHS State Epidemiologist. “With measles outbreaks and significant exposure events occurring in surrounding states, we encourage you to call your health care provider and make sure you and your children are protected.”

Measles is one of the most contagious diseases. Approximately 9 in 10 people who are not immune and are exposed will become infected. It can cause serious complications, especially in young children, pregnant women, and those with weakened immune systems.

Symptoms typically begin with fever, tiredness, cough, runny nose, and pink eye, followed by a rash two to four days later. Measles can affect people of any age and spreads easily through the air when an infected person coughs, sneezes, or breathes. The virus can remain in the air for up to two hours, and people can spread measles for several days before they develop the characteristic rash.

“Nebraskans who are not vaccinated against measles, or who are unsure whether they are immune, are encouraged to talk with their health care provider or local health department about MMR vaccination,” said Dr. Stein.

For Nebraskans whose primary care providers use the [Nebraska State Immunization Information System](#) (NESIIS), they can securely download their personal (or child’s) immunization information to their Android or iOS mobile device to confirm.

If you think you are having symptoms of measles, isolate yourself from others and call your health care provider, emergency room, or urgent care **BEFORE** arriving for testing, and let them know you are concerned about measles, especially if you have been exposed. This will allow the providers to prepare for your arrival to avoid unnecessary delay or exposure in waiting rooms and lobbies. Unless it is a medical emergency, do not arrive at a healthcare facility without giving advance notice. Individuals who believe they were exposed to measles are also urged to contact their health care provider or [local health department](#) immediately.

For more information, visit <https://www.cdc.gov/measles/index.html>.