

MEASLES ALERT

Measles is a highly contagious disease that must be taken seriously. We are closely watching the measles outbreak. *Currently, there have been no reported cases in SLO county.* Measles are spread by contact with droplets from the nose, mouth, or throat of an infected person. Sneezing and coughing can put contaminated droplets into the air. Measles is very contagious and if you have symptoms of measles or feel you were exposed, please do the following:

IMPORTANT Reminder Regarding Measles: Public health officials urge people to avoid immediately going to a medical office if:

1. They are not immune AND
2. They have been exposed AND
3. They have symptoms

Instead, call a health care provider or urgent care center by telephone to create an entry plan to avoid exposing others in waiting rooms.

Getting vaccinated is a very effective way to prevent measles. People who are not immunized, or who have not received the full immunization, are at high risk of catching the disease. ***Now is a good time to check to see if you have been immunized.*** If you have not, there are several ways you can get vaccinated. Contact your insurance provider to see if the vaccine is covered at no charge. Anyone, regardless of insurance, can be vaccinated at the Public Health Department. If you are unsure of your immunity, your doctor can check with a simple blood test. Cuesta Student Health Center does not carry the vaccine or provide serology testing.

Symptoms

Symptoms usually begin 8 to 12 days after you are exposed to the virus. This is called the incubation period. Rash is often the main symptom. The rash:

- Usually appears 3 to 5 days after the first signs of being sick
- May last 4 to 7 days
- Usually starts on the head and spreads to other areas, moving down the body
- May appear as flat, discolored areas and solid, red, raised areas
- Itches

Other symptoms may include:

- [Bloodshot eyes](#)
- [Cough](#)
- [Fever](#)
- Light sensitivity ([photophobia](#))
- [Muscle pain](#)
- Redness and irritation of the eyes ([conjunctivitis](#))
- Runny nose and sore throat
- Tiny white spots inside the mouth (Koplik's spots)

For Further Information For further information about measles, please call your local public health department or visit the www.cdc.gov/measles. **Reference: Center for Disease Control**

Public Health Department Clinic Locations

SAN LUIS OBISPO (main office)

2191 Johnson Ave.

San Luis Obispo, CA 93401

Mon-Fri: 8:00 a.m. to 5:00 p.m.

By Appointment Only

(805) 781-5500

(805) 781-5543 (fax)

Available services at this clinic location: Vaccines & Immunizations, TB Testing, Communicable Disease Follow Up, Birth Certificates, Death Certificates, Medical Marijuana Identification Card

GROVER BEACH

286 South 16th Street, Bldg. B

Grover Beach, CA 93433

Mon-Thurs: 8:00 a.m. to 5:00 p.m. (closed 12-1 daily)

(805) 473-7050

(805) 474-7473 (fax)

Available services at this clinic location: Vaccines & Immunizations, TB Testing, Communicable Disease Follow Up

PASO ROBLES

723 Walnut Drive

Paso Robles, CA 93446

Mon-Fri: 8:00 a.m. to 5:00 p.m. (closed 12-1 daily)

(805) 237-3050

(805) 237-3057 (fax)

Available services at this clinic location: Vaccines & Immunizations, Sexual and Reproductive Health, HIV/AIDS Testing, STD Testing, TB Testing

*There is a fee for vaccination at the Public Health Department