



February 24, 2015

Dear Parent/Guardian:

As you may be aware, the United States is experiencing a multi-state measles outbreak that includes several confirmed cases in New York State. **At this time there are NO suspected or confirmed cases in the New Lebanon Central School District** but we are asking parents/guardians to ensure that their children are up-to-date with their vaccinations. Please take this opportunity to review your child's immunization records with your family physician or licensed health care provider.

**What is measles?**

According to the Centers for Disease Control (CDC), measles is a contagious viral respiratory disease which is spread through the air by the coughing and sneezing of an infected individual. It begins with a fever, runny nose, cough, sore throat and red eyes. It is followed by a rash that begins on the face and descends to the trunk and extremities.

Individuals infected are contagious four days before the rash through four days after the rash began. The measles virus can live for up to two hours on a surface or in an airspace where the infected person has been present.

About three out of 10 people who get measles will develop one or more complications including pneumonia, ear infections, or diarrhea. This is more common in adults and young children.

According to the New York State Department of Health, individuals not vaccinated are 22 times more likely to acquire the measles.

**What can you do?**

The single best way to prevent measles is to be vaccinated. Doctors recommend that children receive two doses of the measles, mumps, rubella (MMR) vaccine.

Parents/guardians should check with their health care provider if they are uncertain of their child's measles immune status. If your child has not received the recommended two doses, please contact your health care provider as soon as possible to arrange for immunization.

State law requires that parents/guardians vaccinate their children against serious diseases including measles, polio, whooping cough and others (some students may be legally exempted for medical reasons or because the child's parents hold religious beliefs which are contrary to vaccination practices).

For more information, please visit the CDC's website at [www.cdc.gov/measles/index.html](http://www.cdc.gov/measles/index.html).

Our district will continue to monitor the measles outbreak based on guidance from the New York State Education Department and Department of Health and alert our school community of any additional developments locally. Thank you for your cooperation as we work together to protect the health and safety of our students, staff and community.

Sincerely,

Leslie Whitcomb  
Superintendent of Schools