Navigating Measles Outbreaks: A Guide for Our Families

Every family's journey is unique. Our goal is to partner with you to keep your children safe, healthy, and thriving. When news of a community measles outbreak arises, it is completely natural to have questions. This guide is designed to share flexible, protective steps and safe vaccine timelines so you can make the best choices for your family.

If You Suspect Your Child Has Measles

Because measles is highly contagious through the air, we work closely with families to manage evaluations safely.

- **An office visit is not automatically required:** In many cases, we can fully evaluate and support your child through phone triaging.
- **Please call before coming in:** Keeping stable patients at home helps protect vulnerable newborns, un-immunized infants, and immunocompromised children in our waiting rooms.

Understanding Early & Flexible Vaccine Options

The MMR (Measles, Mumps, Rubella) vaccine is a powerful tool to protect your child. During a local outbreak, our office is offering flexible/accelerated timelines to provide extra layers of safety if you feel this is an appropriate option for your child.

Child's Age	Outbreak Guideline & Protection Options	What You Need to Know
Infants 6 to 11 Months	**One Early Dose:** Highly recommended if living in or traveling to an active outbreak area.	This acts as a temporary shield. Because an infant's immune system is still developing, **this dose does not count** toward the standard 2-dose childhood series.
Children 1 to 4 Years	**Accelerated Second Dose:** If your child already had their first dose, you don't have to wait until kindergarten.	The second dose can be safely given early, as long as it has been at least **28 days (4 weeks)** since their first dose. **We can complete lab work (MMR Titers) to check for proof of immunity after the 1st MMR vaccine. This can be done 8 weeks post vaccine**
Ages 5+ & Teens	**Catch-Up Timing:** If your child has not received an MMR vaccine, we can start the series at any time.	Complete protection involves **two doses, spaced at least 28 days apart**.
Known Exposure	**72-Hour Window:** If an unvaccinated child is exposed to measles, giving the MMR vaccine within 72 hours can prevent or greatly reduce the illness.	Acting quickly gives the body a head start in building a defense.

Our Open-Door Promise to You

We are a vaccine-friendly practice, which means we prioritize relationships, open dialogue, and education. If you are hesitant, have questions about timelines, or want to discuss your child's specific health profile, **we are here to listen without judgment.**

Your trust is incredibly important to us. We welcome you to send a message through the patient portal or call our office and talk through your options.

Disclaimer: *This sheet is for educational purposes only. If your child is experiencing a medical emergency, difficulty breathing, or severe lethargy, please seek emergency medical care immediately.*