



WARREN COUNTY COMBINED HEALTH DISTRICT

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Public Health
Prevent. Promote. Protect.

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To: Area News Media
From: Duane Stansbury, R.S., M.P.H., Health Commissioner
Re: Media Release

Immunize: Important Step this Summer to Keep You and Your Family Healthy

As summer approaches and many individuals start planning to head out to camps, fairs, vacations and family picnics, there is one important factor to include in your planning: make sure you and your family members are fully vaccinated. Activities that bring large groups of people together can accelerate the spread of diseases in a community. Vaccinations can limit the spread of illness and help keep you and your family healthy.

The ongoing measles outbreak in Northern Ohio and mumps outbreak in Central Ohio serves as a reminder to residents the importance of being up-to-date on immunizations. Many of the cases in the Mumps outbreak have been linked to Ohio State University students who have returned to their home communities. With additional cases and the risk of illness spreading to other communities, the Warren County Combined Health District would like to encourage individuals to check their immunization records and ensure they are fully vaccinated. A complete immunization schedule for children and adults can be found on our website at www.wcchd.com or on the Centers for Diseases Control website at <http://www.cdc.gov/vaccines/schedules/>.

It is also important to recognize the symptoms of these diseases. Symptoms of measles include fever, cough, runny nose, red eyes, sore throat and a red rash appearing three to five days after the start of the symptoms. Measles is highly contagious and is spread easily. The measles virus resides in the mucus in the nose and throat of infected people. When they sneeze or cough, droplets spray into the air and the droplets remain active and contagious on infected surfaces for up to 2 hours.

Symptoms of mumps include runny nose, cough and swelling of the salivary glands. It is spread by droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes, or talks. Items used by an infected person, such as soft drink cans or eating utensils can also be contaminated with the virus, which may spread to others if those items are shared. In addition, the virus may spread when someone with mumps touches items or surfaces without washing their hands and someone else then touches the same surface and rubs their mouth or nose.

When individuals are fully vaccinated, the measles, mumps and rubella (MMR) vaccine is 97 percent effective in preventing the measles and 88 percent effective in preventing the mumps. Those who are not up-to-date on their immunizations should contact their healthcare provider or the Warren County Combined Health District and receive the MMR vaccine if there is no medical reason not to do so.

Whether your summer plans include hanging out at your local pool, sending the kids to camp or traveling in or out of the country, please take time to ensure your family is fully immunized. It will help protect you, your children and your community from these vaccine-preventable diseases.

For more information or to schedule an appointment for vaccinations at the Warren County Combined Health District call 513-695-1228. You can visit our website at www.wcchd.com.