



Measles

Measles (Rubeola) is a highly contagious disease that causes a high fever, rash, cough and red eyes. It can lead to life-threatening complications, like brain inflammation and pneumonia. It's caused by a virus. It spreads easily when an infected person breathes, coughs or sneezes. Getting the measles vaccine is the best way to prevent getting and spreading measles. Measles vaccines are usually given at age 1 with a booster after age 4. The vaccine is 97% effective at preventing the disease when the 2 doses are given. Recommendation of the second dose was added in 1989, so if you were age 4 before 1989 you may have received just one dose.



As of October 29, 2025, there have been 8 confirmed cases of measles in Iowa.

The cases were reported in the following counties:

- Polk
- Linn
- Scott
- Johnson
- Eastern Iowa (Dubuque, Ely, Cedar Rapids)

In the United States in 2025, there are 1681 confirmed cases, which is up from 285 cases in 2024.

With holidays just around the corner when many families will be traveling, these numbers are likely to continue to go up even more after the holiday season.

To reduce the spread of all illness:

- Avoid contact with people who are sick.
- Wash your hands frequently with soap and water, especially after coughing or sneezing.
- Cover your mouth and nose when coughing or sneezing.
- Stay home from work or school if you are ill and until you are no longer contagious.

If you have any questions, please contact the school nurses:

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