



Dear UF community,

As you may be aware, the number of measles cases is rising nationally, including two in Alachua County. In addition, the Florida Department of Health in Alachua County is conducting contact tracing in two University of Florida classes in which exposure to measles may have occurred.

The DOH has already begun reaching out to the individuals in those classes; **if you are not contacted, there is no reason to believe you were exposed.** The vast majority of UF students, faculty and staff are immune to measles, either through vaccination or having contracted it prior to the availability of the vaccine. However, should you have questions or concerns, the following Centers for Disease Control and Prevention information may be helpful:

1. **Prevent.** Measles is highly contagious and spread through the air when someone who is infected breathes, coughs or sneezes. The disease can remain infectious in the air and on surfaces for up to two hours.

The CDC states that:

The best way to protect against measles is to get the measles, mumps and rubella (MMR) vaccine. Children may get the measles, mumps, rubella and varicella (MMRV) vaccine instead, which protects against chickenpox too. Most people who are vaccinated with MMR or MMRV will be protected for life. Vaccines and high rates of vaccination have made these diseases much less common in the United States.

#### [CDC Measles Vaccine Guidance](#)

Two doses are about 97% effective at preventing the disease. Should you wish to get vaccinated against measles, you should consult with your personal health care provider. You can arrange to receive the vaccine at no cost to you from the [Florida Department of Health](#). The [Florida Department of Health in Alachua County](#) can be reached at 352-334-7900.

2. **Stay alert.** If you are not fully vaccinated, call your health care provider if you develop a rash and/or high fever (often greater than 101 degrees Fahrenheit, or 38.3 degrees Celsius) in association with other symptoms of measles, such as cough, runny nose, fatigue, shortness of breath and red, watery eyes. Measles symptoms typically appear five to 14 days after exposure to the virus, although it can take up to 21 days for them to develop.

3. **Isolate.** If you are concerned you might have measles, avoid contact with others and reach out to your health care provider. Do not abruptly visit a health care provider, including urgent care or the emergency room, without contacting them ahead of time. To determine how best to safely seek medical attention without exposing others if you suspect or notice symptoms, we recommend you first call your primary care provider, the [UF Student Health Care Center](#) at 352-392-1161 if you are a student, or the Florida Department of Health in your county. **If symptoms are worsening and you feel this is a medical emergency, call 911. Please inform the dispatcher if measles has been confirmed or is suspected.**

4. **Consider post-exposure treatment.** If you are exposed to measles and have not been immunized, getting the measles, mumps and rubella, or MMR, vaccine within 72 hours of exposure can still help protect you, so you may wish to discuss this option with your personal health care provider. People who are not immune to measles are at risk for developing it after exposure for up to 21 days. There is no specific treatment other than medications to help manage symptoms.

#### **Quick Links**

[UF Health: Measles Frequently Asked Questions](#)  
[Questions About Measles | Measles \(Rubeola\) | CDC](#)  
[Do You Think Your Child Has Measles?](#)

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