

May 20, 2011

A Northeastern student has been diagnosed with a confirmed case of measles. The student was off campus from the diagnosis and through the contagious period. The immunization status of the student's contacts have been reviewed and those without proof of immunity to measles have been contacted directly.

It is possible that we may see more suspect cases of measles this summer; therefore we all need to make an effort to minimize illness and risk to the Northeastern community. Checking your immunization status is the most important way to stop the disease but an emphasis on good personal hygiene is also helpful.

Measles is a highly contagious respiratory disease which spreads in the air by breathing, coughing or sneezing. Symptoms of measles include a blotchy rash all over the body, fever, runny nose, cough, conjunctivitis, feeling run down, and tiny white spots with bluish-white centers found inside the mouth.

The best defense is to receive two MMR (measles, mumps, and rubella) immunizations. Northeastern students' immunization requirements include two (2) MMRs. It is strongly recommended that all students, staff, and faculty check their vaccination history to be sure they have a record of two doses of MMR vaccine given at least one month apart. Persons who are not fully vaccinated against measles are at the highest risk for infection. Measles immunizations are available at UHCS.

Remember, there is no treatment for measles - prevention is the only way to reliably avoid a potentially life threatening infection!

If you think you've been exposed, it is important that you be seen by a medical clinician right away to see if you need to be vaccinated. The vaccine should be given within 72 hours after exposure in order to prevent or decrease the severity of the disease.

For more information about measles, click [here](#).

• May 2011: Health Reports

All incoming students at NU must provide UHCS with proof of immunity to certain diseases, as specified on the [health report](#) and [website](#). Documentation of immunizations and/or titers must be on the [University's Health Report](#), or a clinician's letterhead or prescription slip, signed by a nurse, nurse practitioner, or physician assistant. Alternatively, documentation may be provided by the student's high school, previous college, or military facility, again with clinician signature.

• May 17th, 2011: Measles update

The media is continuing to report on more cases of measles in the Boston area. Measles is a highly contagious respiratory disease which spreads in the air by breathing, coughing or sneezing. Symptoms of measles include a blotchy rash all over the body, fever, runny nose, cough, conjunctivitis, feeling run down, and tiny white spots with bluish-white centers found inside the mouth.

Being proactive is our safest strategy. The best defense is to receive two MMR (measles, mumps, and rubella) immunizations. Northeastern students' immunization requirements include two (2) MMRs. It is strongly recommended that all students, staff, and faculty check their vaccination history to be sure they have record of two doses of MMR vaccine given at least one month apart. Persons who are not fully vaccinated against measles are at the highest risk for infection. Measles immunizations are available at UHCS.

Remember, there is no treatment for measles - prevention is the only way to reliably avoid a potentially life threatening infection!

If you think you've been exposed, it is important that you be seen by a medical clinician right away to see if you need to be vaccinated. The vaccine should be given within 72 hours after exposure in order to prevent or decrease the severity of the disease.

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• April 22, 2011: It's time for finals

UHCS wishes everyone best of luck with their finals. Be sure to get a good night's sleep and eat healthy.