

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

Dora Anne Mills, MD: Why Measles Vaccination Is Important



Dora Anne Mills, MD

You may have seen in the news that an outbreak of measles continues to spread across the United States, including here in Maine. Measles can be prevented with a vaccine, which is why it's so important for children and adults to make sure they are vaccinated.

MaineHealth Chief Health Improvement Officer Dora Anne Mills explains how

you can protect yourself against measles.

What is measles?

Measles is an extremely contagious respiratory viral infection. About seven to 14 days after a person is exposed and infected, measles causes a high fever (can eventually spike to more than 104 degrees F), cough, conjunctivitis (red runny eyes), and runny nose. Three to five days after the symptoms begin, a rash breaks out with red spots that starts on the face and neck, then spreads to the rest of the body.

Measles is contagious from four days before the rash to four days after the rash starts. The virus can spread through the air and live on surfaces for two hours. The measles virus is so

contagious, someone who is unvaccinated can contract it, even if they are in a nearby room to someone with measles. The best protection against measles is vaccination.

Why is measles vaccination important?

The majority of people who get measles are unvaccinated. Immunization helps protect you, your family, and your community from contracting measles.

Measles complications can be very serious and are relatively common. For instance:

- 1 in 4 people with measles in the U.S. will be hospitalized.
- 1 in 20 people with measles will have pneumonia.
- 7 in 1,000 will have seizures.

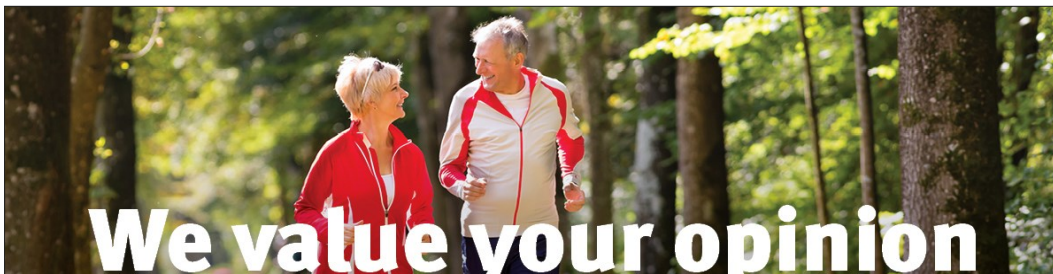
- 1 in 1,000 with measles will have encephalitis (brain infection and swelling) that usually permanently damages the brain.
- 2 to 3 in 1,000 with measles will die from it.

These data are based on the 1985 – 1992 U.S. outbreak.

If vaccination prevents measles, why are there cases of vaccinated children getting the disease?

The measles vaccine is 97 percent effective at preventing the illness. That means that there is still a small chance that you can contract the disease. However, measles is less severe and less contagious in those who have been vaccinated.

Getting vaccinated is the best defense against measles both for you and for your community.



We value your opinion

We want your opinion about a research study that could potentially increase the chances of a person surviving a cardiac arrest.



Please help us by taking a short survey
mmc.org/SurveyACCESS

Honor Night is June 6.

If you received an
invitation, please
remember to
RSVP!

RSVPphonornight@mmc.org.

Former Patriots Linebacker Rob Ninkovich Visits BBCH



Former Patriots linebacker Rob Ninkovich tackled his softer side May 17, as he spent time with children at The Barbara Bush Children's Hospital at Maine Medical Center (BBCH).

Intensive Care Unit, spending time with each child, showing off his Super Bowl rings and signing autographs. He even let some kids, like 7-year-old Karsyn Mann, try on both of his Super Bowl rings.

"Giving back to the community, and particularly to kids, is something I have always enjoyed," Ninkovich said. "It's important for children in the hospital to know that we, as athletes, are cheering for them, just like they cheered for me."

"This was my first time meeting someone famous from football," she said. "Today was a really special day. I really liked the rings. He's lucky his team won championships."



Ninkovich went room to room in both BBCH's inpatient unit and the Pediatric

Ninkovich played 11 seasons in the NFL, finishing his career with the New England Patriots in 2017.




Maine Medical Center
MaineHealth

WHAT'S HAPPENING IS PUBLISHED WEEKLY BY THE COMMUNICATIONS AND MARKETING DEPARTMENT

Comments, questions, and story ideas:
Caroline Cornish, Communications Manager
mmcnews@mmc.org