



Public Health
Protect. Promote. Prevent.
Foster County Public Health

NEWS

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Measles Prevention Call to Action

As of 5-6-2025, there have been (9) confirmed cases of measles in North Dakota. We have information to share with you about measles and how to help prevent a measles outbreak in Foster County.

Highly Contagious/Infectious

- The measles virus remains in the air for 2 hours after a person with measles leaves the space.
- It is so contagious that about 9 out of 10 people who come near a person with measles will also become infected if not vaccinated.
- The best way to prevent measles is with the measles, mumps, and rubella (MMR) vaccine.
- Anyone who is not vaccinated is at risk of measles infection and severe complications.

“What’s really sad about the measles outbreak is, I think because of the power of immunization, we have a society of parents and people in general who don’t remember what vaccine-preventable diseases look like and how horrible they are, and they take lives and change lives,” said Dr. Joan Connell, a pediatrician at the UND Center for Family Medicine in Bismarck and the local health officer of Foster County Public Health.

How can you help? Know your vaccine status!

- **Check your status & obtain vaccination records** by contacting Foster County Public Health (FCPH)
Call 701-652-3087
Email fosterph@nd.gov
- If **unvaccinated people** are not vaccinated within 72 hours of exposure to someone with measles, they must be excluded from all activities until the North Dakota Health & Human Services department determines it is safe for them to return. Exclusion time from all activities (stay home – no school, no daycare, no activities outside of your home) **may be a minimum of 21 days.**

- If you have old vaccination records, please bring them in and we will check your status. Or if you have lived in another state, call or stop by and we will attempt to help you locate your records.
- **I can't find my records! I'm not sure about my vaccine status!** Check with public health and remember, it is completely safe to get vaccinated, even if you already have immunity, either from infection or a previous vaccine.

Preventing Measles

- **MMR vaccination is the best way to prevent measles and its complications.** For those who cannot or prefer not to get vaccinated, risk of measles infection and severe illness during an outbreak is much higher. Recognizing measles and getting appropriate medical care is important to help prevent spread of the virus and to prevent severe complications.
- Completion of the MMR 2-dose vaccination series provides 97% effectiveness against measles.
- Public health has MMR vaccine available for children and adults who have **no insurance**.

Measles symptoms appear 7 to 14 days after contact with the virus.

- High fever (may spike to more than 104°F)
- Cough
- Runny nose
- Red and/or watery eyes
- Rash (breaks out 3-5 days after symptoms begin) usually begins on the face

Recognizing measles symptoms and getting appropriate medical care is important to help prevent the spread of the virus and to prevent severe complications.

***HHS urges anyone with measles-like symptoms, or who has been in close contact with infected individuals, should not arrive on site at the clinic and should reach out to their health care provider. Please call ahead before visiting a clinic or hospital emergency room to avoid exposing others.**

For the most up to date information about measles, vaccination, or local clinic availability, contact the HHS Immunization Unit at 701-328-2378 or 711 (TTY), or visit hhs.nd.gov/measles.

Local public health staff are available to answer questions at **Foster County Public Health**. Please call **701.652.3087**, email us at fosterph@nd.gov, or stop by the office at **881 Main Street** in Carrington.