Did you know...

FACT or MYTH:

5 SECOND RULE WITH FOOD ON THE FLOOR???

Even if something spends a mere millisecond on the floor, it attracts bacteria. How dirty it gets depends on the food’s moisture, surface geometry and floor condition - not time.

ANSWER: MYTH

Did you hear...

The Student Health Center offers free condoms to Mt. SAC students.

CONDOMS PREVENT PREGNANCY AND STDs

Visit the Student Health Center at 67B. (909) 274-4400.

Now YOU know!!!

MEASLES OUTBREAK!!!

In the News...

A person infected with measles is suspected of visiting Disneyland or Disney California Adventure Park, Anaheim, CA in December after authorities discovered a dozen confirmed and suspected cases, all involving people who attended either of the parks just before Christmas.

Seven confirmed measles patients reside in California, while two live in Utah, the California Department of Public Health reported. Three suspected measles cases involve California residents. All went to the Anaheim resort between December 15 – 20, 2014.

In 2002, more than 95% of kindergartners in California were fully vaccinated for measles; now the number is about 92% - low enough to promote the spread of this highly infectious disease.

Transmission

Measles is a highly contagious illness. It is spread by coughing and sneezing. If one person has measles, 90 percent of his or her susceptible close contacts will also become infected with the virus.

Prevention

The best protection against measles is through immunization. The MMR vaccine (immunization) prevents measles and two other viral diseases – mumps and rubella. These three vaccines are safe given together. More than 95% of people who receive a single dose of MMR will develop immunity to all three viruses. A second vaccine dose gives immunity to almost all of those who did not respond to the first dose.

Children should get 2 doses of MMR vaccine:

- The first at 12-15 months of age
- The second at 4-6 years of age.

The CDC has a “catch-up” immunization schedule for individuals who missed initial childhood MMR immunizations.

Symptoms

Measles begins with an increasing fever, then coughing, runny nose, redness of the eyes, and finally, a rash breaks out. The rash usually starts on the head and then spreads to the rest of the body. Fever can persist, reaching extremely high temperatures, rash can last up to a week, and coughing can last about 10 days.

Vaccination

You can get vaccinated at your primary doctor’s office. Mt. SAC Student Health Services offers the MMR vaccine to credit students who are enrolled in the current semester. For more information or to schedule an appointment, please contact Student Health Services at (909) 274-4400.

Resources:
www.cdc.gov
www.WebMD.com
LA Times Newspaper

www.who.int/en/
http://www.discovery.com

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