



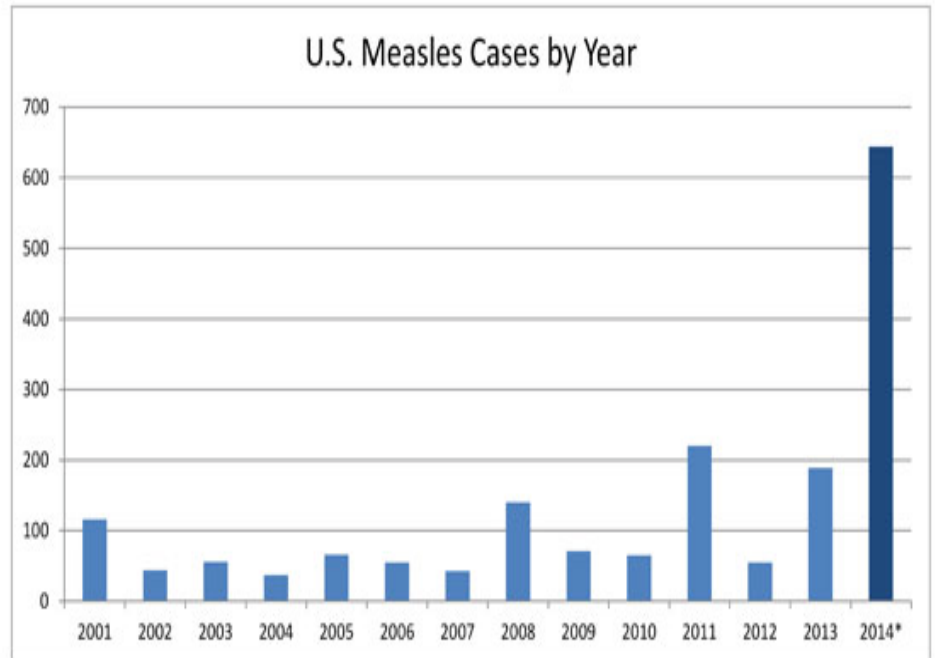
**Nursing
Services
874-7607**

*Delta County School District
50 J*



Measles Update

Measles is a highly contagious respiratory disease caused by a virus. It is spread through the air by coughing and sneezing. Measles starts with a fever, runny nose, red eyes and sore throat; this is followed by a rash that spreads all over the body. There is a vaccine available to prevent this. Check with your local Provider or the Health Department 874-2165.



*Provisional data reported to CDC's National Center for Immunization and Respiratory Diseases

January 2015 Health News

NOT TOO LATE TO VACCINATE!!

[Flu activity](#) is high across most of the country with flu illnesses, hospitalizations and deaths elevated. Flu season will probably continue for several weeks.

While the [flu vaccine](#) is not working as well as usual against some H3N2 viruses, vaccination can still protect some people and reduce hospitalizations and deaths, and will protect against other flu viruses.

[Influenza antiviral drugs](#) can treat flu illness. CDC recommends these drugs be used to treat people who are very sick or who are at [high risk of serious flu complications](#) who have flu symptoms. Early antiviral treatment works best.