

**POMONA UNIFIED SCHOOL DISTRICT
HEALTH SERVICES & PROGRAMS**

PARENTS!

Notice of Exposure to Illness

**Rubeola
(10 day Measles)**

Date: _____

Symptoms: Fever, sore throat, runny nose, dry "barking" cough, irritated eyes, dusky red blotchy rash appearing third or fourth day of illness. Starts at hairline and moves downward.

**Incubation
Period:** 8—14 days

**How
Transmitted:** By droplets or direct contact with nasal or throat secretions from infected person or by articles freshly soiled with secretions of infected person. Very contagious.

**Treatment
and
Precautions:** Must contact your doctor for positive diagnosis. Bed rest, encourage fluids. Vaccine available.

**Return to
School:** No sooner than 5 days after onset of rash.

**Please call your child's school if your child will be absent due
to above symptoms (or any other illness)**

SECTION 6