

May 28, 2019

ATTN: All Students

## MEASLES WARNING

Two patients, suffering from fevers and rashes, from Sendai City (Miyagi Prefecture) were diagnosed with measles upon undergoing examinations at the Sendai Taihaku Public Health Center on May 22<sup>nd</sup> and 24<sup>th</sup>.

The incubation period for measles is 10 to 12 days. Those with no immunity have a nearly 100% chance of contracting the disease if exposed. This disease can be life-threatening, regardless of age, due to its serious complications. Preventative vaccination is therefore crucial. A series of two vaccinations confers almost complete immunity to the disease. While we believe that most of the students enrolled at Tohoku University are already immune, making a mass outbreak unlikely, some students have not been vaccinated and have no immunity. Therefore, we ask for your cooperation with the following.

1. If you have had only one measles vaccination shot, or have never been vaccinated, we strongly recommend that you undergo vaccination at any hospital/clinic that is convenient. (However, if you have contracted measles before, no vaccination is necessary.)
2. If you have any measles-like symptoms, please call your hospital/clinic. Describe your symptoms and explain that you have never had measles before.
3. If you learn that you have measles anytime from May 1, 2019 onward, please contact the Student Health Care Center immediately. (Phone: 022-795-7829)

### Characteristics of Measles

- Measles is highly infectious. It can be spread through the air, airborne droplets, and contact.
- The virus incubates for about 10 days, after which symptoms occur. Infected people have symptoms similar to that of a cold, including high fever, coughing, and runny nose, for 2 to 4 days. After that, red blisters spread all over the body, and serious complications, especially pneumonia or encephalitis, may develop.
- The disease is highly infectious for 5 days after the appearance of blisters. The School Health and Safety Act forbids anyone with measles from attending classes for 3 days after the fever subsides.

Institute for Excellence in Higher Education (IEHE)  
Student Health Care Center Director