

Measles Case In Putnam County, More Exposure Possible

Several possible exposure sites have been ID'd. Here's where and what to do. The longest running outbreak in 2019 was in the Hudson Valley.

By Lanning Taliaferro, Patch Staff

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A measles rash on the skin of an adult looks like this, according to the CDC. (Centers for Disease Control) CARMEL, NY— The Putnam County Department of Health has confirmed a case of measles.

Several possible exposure sites have been identified: the Route 52 Laundromat, the Nativity of the Holy Mother of God church, and following the service, at the Annual Feast Day Celebration, and also at the Putnam Hospital Center Emergency Department.

Call the health department as soon as possible if you:

- Were in the laundromat at 184 Route 52 in Carmel on Saturday, Sept. 21, between 6 p.m. and 9 p.m. who develops symptoms before Saturday, Oct. 12.
- Attended church service at the Nativity of the Holy Mother of God at 1050 Route 6 in Mahopac on Sunday, Sept. 22, between the hours of 9 a.m. and 2 p.m., or the celebration afterwards from 12 noon to 6 p.m. and develops symptoms before Sunday, Oct. 13.
- Visited the Putnam Hospital Center Emergency Department at 670 Stoneleigh Ave in Carmel on Saturday, Sept. 28, between the hours of 5 p.m. and 7:30 p.m. who has not been contacted by the PCDOH.

"Before this person was isolated, there may have been additional exposures," Health Commissioner Michael J. Nesheiwat, MD, said in the announcement. "We are working with local partners to identify all possible contacts. If you are unsure if you or your children are protected from measles, reach out to your physician or one of our communicable disease nurses." PCDOH nurses are available by calling 845-808-1390.

The patient has been isolated to avoid spreading the disease further.

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"Keep in mind that this is currently one case of measles," County Executive MaryEllen Odell said in the announcement. "Please support the efforts of the health department as they work to reduce the risk of measles exposure and transmission. We continue to urge all residents to check their vaccination status to protect themselves."

Measles is a serious, highly contagious disease that can be spread through the air by coughing or sneezing. In rare cases it can be deadly.

Individuals born before 1957, anyone who has had measles disease, or those who have proof of receiving two MMR (Measles, Mumps, Rubella) vaccines, are less likely to become sick.

"Measles symptoms begin with fever, runny nose, cough, red eyes, and sore throat," continues Dr. Nesheiwat. "It is followed by a rash that spreads over the body. If anyone has these symptoms, call your doctor or the emergency room first. Do not go directly to a medical facility. Isolation procedures need to begin immediately upon arrival."

This has been the worst year for measles across the United States since 1992, according to the Centers for Disease Control. As of Sept. 26, 2019, the CDC reported 1,243 cases of measles confirmed in 31 states.

- More than 75% of the cases this year are linked to outbreaks in New York.
- Measles is more likely to spread and cause outbreaks in U.S. communities where groups of people are unvaccinated.
- The majority of cases are among people who were not vaccinated against measles.
- Measles can cause serious complications. As of Sept. 26, 2019, 131 of the people who got measles this year were hospitalized, and 65 reported having complications, including pneumonia and encephalitis.
- These outbreaks are linked to travelers who brought measles back from other countries such as Israel, Ukraine, and the Philippines, where large measles outbreaks are occurring.

The longest running outbreak in the U.S. was in neighboring Rockland County (which started in October 2018). It was declared over last week, as the date of completion of two maximum **incubation periods** (42 days) without cases approached Sept. 30.