



# Panhandle Health District

*Healthy People in Healthy Communities*

**Public Health**  
Prevent. Promote. Protect.

**Panhandle Health District**

**FOR IMMEDIATE RELEASE**

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## **Keep Your Family Healthy during Spring Break**

**HAYDEN, ID** – With spring break just a few weeks away, Panhandle Health District (PHD) is urging residents to check their health records and get the recommended vaccinations now to ensure your family’s health is protected during any upcoming vacations.

PHD Staff Epidemiologist, Jeff Lee, explained that the recent measles outbreak in the United States is prompting the added precautions.

“Measles is easily spread – especially when traveling,” Lee said. “If you need to get immunized, it’s important to get the necessary vaccines two to four weeks before your trip. It takes time to develop full immunity after the vaccine is administered.”

[154 cases](#) of measles have been reported in the U.S. this year. Most of these cases are linked to the Disneyland theme park in southern California. Idaho does not have any confirmed cases.

Dr. Jack Riggs of Coeur d’Alene couldn’t confirm a record of his childhood measles vaccine. He is traveling to Disneyland with his grandkids and decided to get an MMR vaccine, which protects against Measles, Mumps and Rubella.

“I’m old enough to remember the ravage of diseases like the measles. 100 people stood in line to get the vaccine because they knew how bad the disease was. Today, vaccines are comparable to seat belts. Without them, we are taking an unnecessary risk,” Riggs told the Health District.

If you or a family member does not have knowledge of vaccination records, an additional vaccine is not harmful, but it’s important to talk with your provider to see if you need one. Also contact your provider if you start to see [symptoms of measles](#) after you return from traveling overseas or to southern California. For information regarding travel notices and

required vaccines by destination, call the Panhandle Health District at (208) 415-5270 or visit the [CDC travel health website](#).

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