



**OKLAHOMA**  
State Department of Health

## Preparing for and Supporting Control of Measles in a Community of Faith

Ensuring the health and safety of community members and Oklahomans is a top priority for the Oklahoma State Department of Health (OSDH).

To support a prompt public health response to measles, communities of faith should contact the District Nurse Manager (DNM) for their county **right away** if measles is suspected or other rash illness is occurring among community members (see attached DNM contact list).

### Measles background:

- Measles is a very contagious disease that can cause severe illness, complications and death, especially in children under five years, pregnant women, and people with weakened immune systems.
- Measles can spread quickly in a community setting because when an infected person coughs, talks, or sneezes, the virus can stay in the air for up to two hours after that person leaves the area and cause other people breathing that air to become infected.
- Infected people can spread the virus four days before their rash starts through four days after the rash appears. Most people do not suspect measles until the rash appears, meaning they have been spreading the infection for four or more days by the time it's diagnosed.
- Measles is so contagious that one infected person can infect 12 – 18 people who are not protected from measles by immunity (previously vaccinated or infected).
- The most important step you can take to protect yourself and members of your community is to follow the guidance below. The OSDH encourages you to work closely with us if rash illnesses appear within your community or exposure to measles is suspected. We are required by law to adhere to strict patient confidentiality during public health response. We will partner closely with you to provide recommendations to prevent additional illnesses in your community.

### How to prepare:

- Know the [signs and symptoms of measles](#).
- Understand that people infected with measles are contagious to other people during the four days before rash onset through the four days after the rash

appears. These individuals should remain isolated at home, away from public settings, during this time.

- [Understand the risks](#) that come from natural infection with measles.
- Due to the unique way measles is transmitted in the air, the only way to protect yourself and your community from measles is to receive the [safe, effective](#) Measles, Mumps, and Rubella (MMR) vaccine.
- Inform those who are unvaccinated that they may need to stay home for up to 21 days each time they are near someone who has measles. They should monitor their symptoms closely during this time. If symptoms develop, they should remain isolated at home, away from public places, through four days after rash onset.
- Individuals interested in receiving the MMR vaccine can do so from a trusted health care provider or their local county health department.

### **Steps to take if measles or measles exposure is suspected within your community of faith:**

Measles is a reportable disease in Oklahoma and is of high public health importance because it is extremely contagious and does not routinely circulate in our communities. Please notify your local county health department right away if:

- Someone within your community develops a fever and rash
  - There has been a visitor to your community with a fever and a rash
  - Someone from your community thinks they have been exposed to measles during travel.
1. Your local county health department can work with you and your community to help prevent and stop the spread of illness. Contact your county's District Nurse Manager (DNM) if any of the above situations occur (see attached contact list).
  2. If individuals within your community are ill with a fever and rash, the DNM can assist with testing for measles (if wanted) and provide recommendations on how to support them during isolation from the community and public spaces while they are contagious to others.
  3. If there has been a visitor to your community with a fever and a rash, the DNM can assist with determining whether measles was the cause of their rash illness. The DNM can also provide recommendations on which individuals in the community are considered exposed to the ill visitor and should separate themselves from the community and public spaces. If separation is recommended, exposed individuals should monitor for symptoms during that timeframe. If symptoms develop, the individual is asked to notify the DNM immediately. Testing and advice on isolating from the community can be offered while they are contagious.
  4. If an individual in the community is concerned about measles exposure during travel, the DNM can assist with providing recommendations for separation from community and public spaces. If separation is recommended, exposed individuals should monitor for symptoms during that timeframe. If symptoms develop, the individual is asked to notify the DNM immediately.

Testing can be offered, as well as advice on isolating from the community while they are contagious.

5. Encourage community members to follow public health recommendations provided by the DNM. This will limit the spread of infections within your community.

**References:**

- [Chapter 7: Measles | Manual for the Surveillance of Vaccine-Preventable Diseases | CDC](#)

**Resources:**

- [Measles Fact Sheet \(OSDH\) English](#) | [Measles Fact Sheet \(OSDH\) Spanish](#)
- [Measles In Schools \(OSDH\) English](#) | [Measles In Schools \(OSDH\) Spanish](#)
- [Measles Information and fact sheets \(OSDH\)](#)
- [Measles \(CDC\)](#)
- [Questions About Measles | Measles \(Rubeola\) | CDC](#)



# District Nurse Manager Contact Information

## District 1

<b>Melissa Headlee</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Beaver	Beaver	580-625-3693`
<a href="mailto:Melissa.headlee@health.ok.gov">Melissa.headlee@health.ok.gov</a>	Cimarron		
	Custer	Clinton	580-232-2100
<b>Leah Bradford</b>	Custer	Weatherford	580-772-6417
Administration	Ellis		
<a href="mailto:Leah.bradford@health.ok.gov">Leah.bradford@health.ok.gov</a>	Harper	Laverne	580-921-2029
	Roger Mills		
	Texas	Guymon	580-338-8544
	Woods	Alva	580-327-3192
	Woodward	Woodward	580-256-6416

## District 2

<b>Bobbie Smith</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
Administration	Blaine	Watonga	580-623-7977
<a href="mailto:bobbies@health.ok.gov">bobbies@health.ok.gov</a>	Canadian	El Reno	405-262-0042
	Garfield	Enid	580-233-0650
	Grant	Medford	580-359-2906
	Kingfisher	Kingfisher	405-375-3008
	Logan	Guthrie	405-282-3485
	Major	Fairview	580-227-3362

## District 3

<b>Megan Henry</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Creek	Bristow	918-367-3341
<a href="mailto:megan.henry@health.ok.gov">megan.henry@health.ok.gov</a>	Creek	Sapulpa	918-224-5531
	Kay	Blackwell	580-363-5520
<b>Kelli Farley</b>	Kay	Ponca City	580-762-1641
Administration	Lincoln	Chandler	405-258-2640
<a href="mailto:kellimMF@health.ok.gov">kellimMF@health.ok.gov</a>	Noble	Perry	580-336-2257
	Osage	Pawhuska	918-287-3740
	Osage	Skiatook	539-589-0005
	Pawnee	Pawnee	918-762-3643
	Payne	Cushing	918-225-3377
	Payne	Stillwater	405-372-8200

## District 4

<b>Anna Marie McSpadden</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Craig	Vinita	918-256-7531
<a href="mailto:annamc@health.ok.gov">annamc@health.ok.gov</a>	Delaware	Jay	918-253-4511
	Mayes	Pryor	918-825-4224
<b>Lana Bringardner</b>	Nowata		
Administration	Ottawa	Miami	918-540-2481
<a href="mailto:lanab@health.ok.gov">lanab@health.ok.gov</a>	Rogers	Claremore	918-341-3166
	Wagoner	Coweta	918-486-2845
	Wagoner	Wagoner	918-485-3022
	Washington	Bartlesville	918-335-3005

## District 5

<b>Janene Atchley</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Beckham	Elk City	580-225-1173
<a href="mailto:Janenea@health.ok.gov">Janenea@health.ok.gov</a>	Beckham	Sayer	580-928-5551
	Caddo	Anadarko	405-247-2507
<b>Leann Gilchrist</b>	Comanche	Lawton	580-585-6679
Administration	Cotton	Walters	580-875-6121
<a href="mailto:leanng@health.ok.gov">leanng@health.ok.gov</a>	Greer	Mangum	580-782-5531
	Harmon	Hollis	580-688-3348
	Jackson	Altus	580-482-7308
	Kiowa	Hobart	580-726-3316
	Tillman	Frederick	580-335-2163

## District 6

<b>Raelina Tucker</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Grady	Chickasha	405-224-2022
<a href="mailto:raelinad@health.ok.gov">raelinad@health.ok.gov</a>	Hughes	Holdenville	405-379-3313
	McClain	Blanchard	405-485-3319
	McClain	Purcell	405-527-6541
	Pottawatomie	Shawnee	405-273-2457
	Seminole	Seminole	405-382-4369

## District 7

<b>Linda Vise</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Adair	Stillwell	918-696-7292
<a href="mailto:lindav@health.ok.gov">lindav@health.ok.gov</a>	Cherokee	Tahlequah	918-456-8826
	Haskell	Stigler	918-967-3304
<b>Kristye Adams</b>	McIntosh	Checotah	918-473-5416
Administration	McIntosh	Eufaula	918-689-7774
<a href="mailto:kristyeg@health.ok.gov">kristyeg@health.ok.gov</a>	Muskogee	Muskogee	918-683-0321
	Okfuskee	Okemah	918-623-1800
	Okmulgee	Okmulgee	918-756-1883
	Sequoyah	Sallisaw	918-775-6201

## District 8

<b>Amber Marr</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Carter	Ardmore	580-223-9705
<a href="mailto:amberDMI@health.ok.gov">amberDMI@health.ok.gov</a>	Garvin	Pauls Valley	405-238-7346
	Jefferson	Waurika	580-228-2313
<b>Stacy McMahan</b>	Johnston	Tishomingo	580-371-2470
Administration	Love	Marietta	580-276-2531
<a href="mailto:StacyEM@health.ok.gov">StacyEM@health.ok.gov</a>	Marshall	Madill	580-795-3705
	Murray	Sulphur	580-622-3416
	Pontotoc	Ada	580-332-2011
	Stephens	Duncan	580-252-0270

## District 9

<b>Melissa Locke</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Atoka	Atoka	580-889-2116
<a href="mailto:melissal@health.ok.gov">melissal@health.ok.gov</a>	Bryan	Durant	580-924-4285
	Choctaw	Hugo	580-362-8821
<b>Misty Newby</b>	Coal	Coalgate	580-927-2367
Administration	Latimer	Wilburton	918-465-5673
<a href="mailto:mistyl@health.ok.gov">mistyl@health.ok.gov</a>	LeFlore	Poteau	918-647-8601
	McCurtain	Idabel	580-286-6620
	Pittsburg	McAlester	918-423-1267
	Pushmataha	Antlers	580-298-6624

## District 10

<b>Joey Reese</b>	<b>County</b>	<b>Site</b>	<b>Phone</b>
District Nurse Manager	Cleveland	Moore	405-794-1591
<a href="mailto:joeyr@health.ok.gov">joeyr@health.ok.gov</a>	Cleveland	Norman	405-321-4048
<b>Michelle Lambert</b>			
Administration			
<a href="mailto:michelsw@health.ok.gov">michelsw@health.ok.gov</a>			