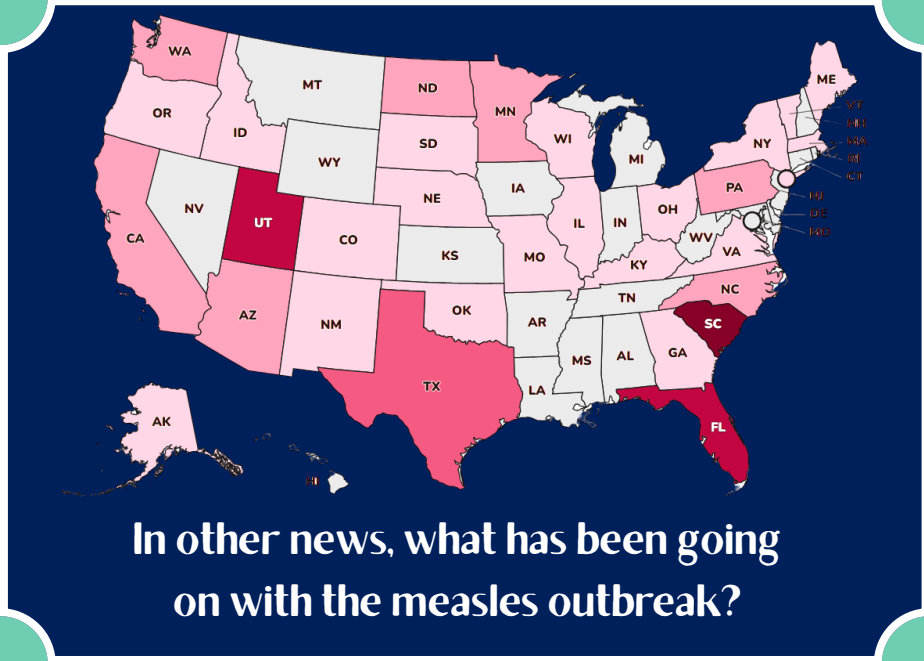


Health News in Mobile AL

Its around that time of the season when the pollen is causing sinus issues for community members. However, there are a couple of other illnesses going around at the moment.

The Mobile County Health Department reports that in just this past week alone that 38 individuals had gotten Covid-19. So far this year, we've seen 292 cases.

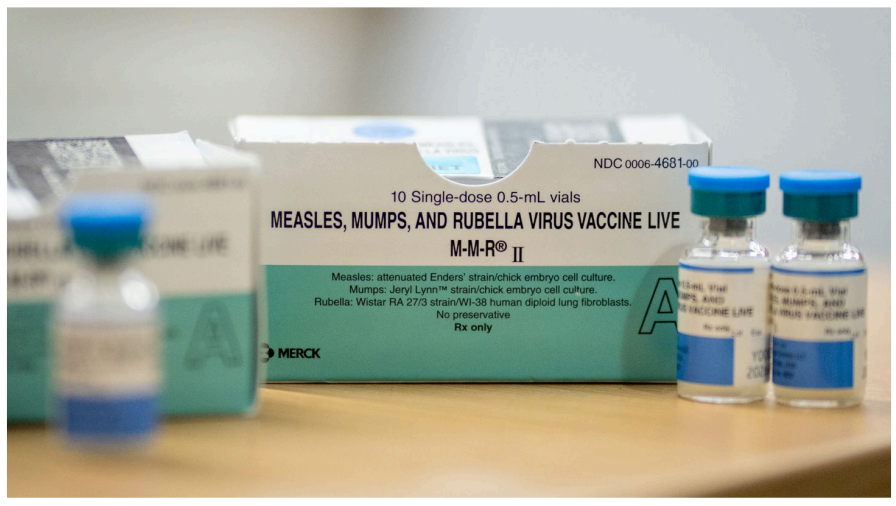
We want you to be safe and try to stay as healthy as possible! Take a look at the resources provided to protect yourself and loved ones.



The CDC reports that we don't have any cases of measles in Alabama! That is really good news and its because Alabama citizens have been getting their vaccinations.

According to the CDC's disease report as of March 6th 2026, 95% of Alabama citizens have been getting their vaccinations on schedule. This also includes getting booster shots.

However, we have to continue doing our part to protect ourselves and our neighbors.



TO ACCESS FREE or LOW COST VACCINATIONS (All required or recommended vaccinations are free or low-cost based on eligibility.)

1. Mobile County Health Department Federally Qualified Health Center (FQHC): 251 N Bayou Street, Mobile 36603. By Appt.? Call 251-690-8889

2. Franklin Memorial Medical & Dental Express – Federally Qualified Health Center (FQHC): 1303 Dr. Martin Luther King Jr. Ave., Mobile 36603. Call 251-432-4117.







3. ACCORDIA /USA Health Collaboration – Federally Qualified Health Center (FQHC): 2419 Gordan Smith Drive, Mobile 36617. Call 251-461-3491

4. *** PLEASE NOTE: All 3 Providers also participate in the Vaccines For Children Program (VFC) that grants access for free vaccination to persons 18 years and younger based on eligibility***

Measles and the Importance of Childhood Vaccination

Symptoms of measles

Measles starts with a fever that can get very high. Some of the other symptoms that may occur are:

-  Rash (tiny, red spots that start at the head and spread to the rest of the body)
-  Cough
-  Red and/or watery eyes
-  Runny nose
-  Diarrhea
-  Ear infection



Images show the usual rash caused by measles.

How serious is measles?

Measles is a very serious virus and can be dangerous, especially for babies and young children. For some children, measles can lead to:

-  Pneumonia (infection of the lungs)
-  Encephalitis (swelling of the brain)

1 in 5
people with measles will be hospitalized.



How is measles spread?

Measles is a very contagious virus. Almost everyone who has not had the measles, mumps, and rubella (MMR) vaccine will get measles if they are exposed to the measles virus.

- Measles spreads when a person infected with the measles virus **breathes, coughs, or sneezes.**
- You can catch measles just by being in a room where a person with measles has been, **up to 2 hours after that person is gone.**
- You can catch measles from an infected person **even before they have a measles rash.**

9 in 10
people exposed to measles in a household or other close contact setting will get measles if they are not protected.



WHAT IS MEASLES?

Measles (Rubeola) is a contagious viral infection that causes a red, splotchy rash that often appears on the face, behind the ears, and then spreads down the neck, chest, arms, legs, and feet. Babies and young children are usually affected by this disease. Measles can cause serious health complications, such as pneumonia, encephalitis (swelling in the brain), and even death. However, it is easily preventable with vaccine.

THE SYMPTOMS OF MEASLES GENERALLY APPEAR ABOUT 7-10 DAYS AFTER THE PERSON IS INFECTED

Measles begins with:

- Runny nose, sore throat, red watery eyes
- Tiny white spots inside the mouth
- High Fever (may spike to 104° F)
- Rash breaks out 3-5 days after symptoms begin



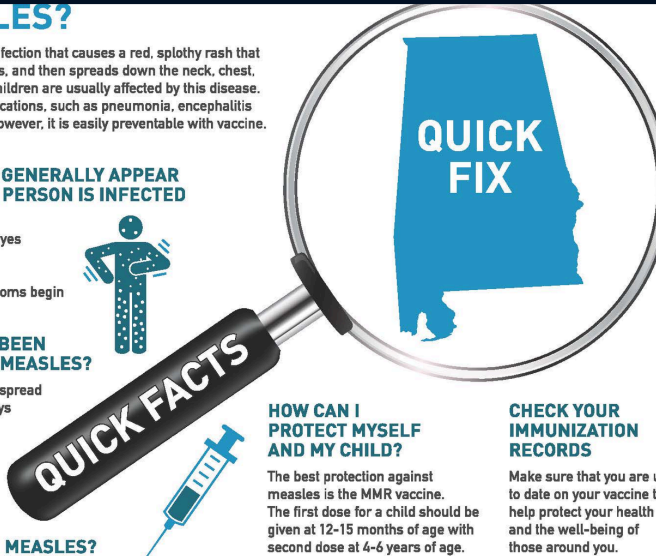
WHAT SHOULD I DO IF I HAVE BEEN EXPOSED TO SOMEONE WITH MEASLES?

- Stay away from others. A person can spread measles 4 days before and up to 4 days after the rash develops.
- Contact your physician and let them know that you have been exposed
- Do not go into the healthcare facility until advised

WHO IS AT RISK FOR GETTING MEASLES?

- People born after 1957
- Unvaccinated individuals
- International travelers
- College students
- Young children

Please scan the QR Code for more information and schedule an appointment to get vaccinated on the ADPH website. alabamapublichealth.gov/immunization



HOW CAN I PROTECT MYSELF AND MY CHILD?

The best protection against measles is the MMR vaccine. The first dose for a child should be given at 12-15 months of age with second dose at 4-6 years of age.

CHECK YOUR IMMUNIZATION RECORDS

Make sure that you are up to date on your vaccine to help protect your health and the well-being of those around you.

Sources:
<https://mchd.org/provisional-disease-report-march-7-2026/>
<https://www.cdc.gov/measles/data-research/index.html>
<https://www.cdc.gov/global-measles-vaccination/about/index.html>