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## Warning: Possible Measles Exposure at Two Locations in Eureka | Lost Coast Outpost

### Description

The Humboldt County Department of Health and Human Services has issued a warning to individuals who visited the Days Inn in Eureka or the Providence St. Joseph Hospital Emergency Department. There is a possibility that they may have been exposed to measles during specific dates and times.

If you were at either of these locations during the specified times, it is recommended to contact the Public Health Branch of the Humboldt County Department of Health & Human Services at 707-268-2182. This advice applies regardless of whether or not symptoms are present. Phone lines will be open until 8 p.m. this evening and from 8 a.m. to 8 p.m. on Saturday.

Measles is a highly contagious virus that can be spread through coughing and sneezing. Symptoms typically appear 7 to 21 days after exposure and may include fever, cough, runny nose, pink eye, and a rash. It is important to seek medical advice if you suspect exposure to measles.

The measles, mumps, and rubella (MMR) vaccine is highly effective in preventing illness. For more information about vaccination, contact your primary care provider or visit the CDC website.

Digital vaccination records can be accessed through the California Department of Public Health's Digital Vaccine Record portal. Stay informed and take necessary precautions to protect yourself and your community.

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### Vocabulary List:

1. **Issued** // (verb): Formally announced or provided
2. **Exposed** // (verb): Put at risk of harm or danger
3. **Contagious** // (adjective): Capable of spreading rapidly from person to person
4. **Preventing** // (verb): Stopping something from happening or arising
5. **Accessed** // (verb): Obtained entry to a system or service
6. **Precautions** // (noun): Measures taken in advance to prevent harm or danger

### Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. Which term refers to the action of being unfaithful to a spouse or partner?

- Option: Aggressiveness
- Option: Infidelity
- Option: Caregiver
- Option: Deprivation

2. What condition is characterized by memory loss and decline in cognitive function?

- Option: Alzheimer disease
- Option: Menopause
- Option: Premature
- Option: Insomnia

3. Which protein is associated with the development of Alzheimer's disease?

- Option: Intervention
- Option: Proteins
- Option: Amyloid-beta
- Option: Enhance

4. What does it mean to be put in a situation where you are vulnerable to a risk or danger?

- Option: Preventing
- Option: Exposure
- Option: Contagious
- Option: Insomnia

5. What type of memory typically holds information for a brief period?

- Option: Elevated
- Option: Deprivation
- Option: Short-Term
- Option: Mortality

6. What term indicates that an official statement or order has been given?

- Option: Caregiver
- Option: Progression
- Option: Issued
- Option: Insufficiency

7. What feeling arises when one is envious or fearful of losing something or someone?

- Option: Estrangement
- Option: Jealousy
- Option: Creatine
- Option: Intervention

8. What measures are taken in advance to prevent something undesirable from happening?

- Option: Enhance
- Option: Capacity
- Option: Precautions
- Option: Discovery

9. In what terms is the gradual development or advance of something described?

- Option: Mortality
- Option: Proteins
- Option: Progression
- Option: Somatic

10. Who is responsible for providing assistance and support to someone in need?

- Option: Alzheimer disease
- Option: Insomnia
- Option: Menopause
- Option: Caregiver

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Taking certain supplements may help \_\_\_\_\_ cognitive function.

12. An \_\_\_\_\_ level of stress can negatively impact one's health.

13. \_\_\_\_\_ can lead to hormonal changes in a woman's body.

14. Regular exercise can improve your body's \_\_\_\_\_ to perform physical tasks.

15. Lack of sleep can result in sleep \_\_\_\_\_.

16. Medical \_\_\_\_\_ may be necessary to treat a severe health condition.

17. Some physical conditions may manifest as \_\_\_\_\_ symptoms.

18. The \_\_\_\_\_ of new treatments can revolutionize healthcare.

19. A diet rich in \_\_\_\_\_ is essential for muscle development.

20. Colds and flu are \_\_\_\_\_ illnesses that can easily spread.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. His behavior towards others often caused conflicts.
22. The baby's birth presented challenges for the medical team.
23. Persistent can lead to fatigue and difficulty concentrating.
24. The government a warning about the approaching storm.
25. She felt vulnerable and after sharing her personal story.
26. Vaccination is key in the spread of infectious diseases.
27. The information can be easily through the online portal.
28. The study focused on factors that affect rates in the elderly population.
29. The project failed due to funding and lack of resources.
30. Early detection can lead to prompt and better treatment outcomes.

## **Answer**

**Multiple Choice:** 1. Infidelity 2. Alzheimer disease 3. Amyloid-beta 4. Exposure 5. Short-Term 6. Issued  
7. Jealousy 8. Precautions 9. Progression 10. Caregiver

**Gap-Fill:** 11. Enhance 12. Elevated 13. Menopause 14. Capacity 15. Deprivation 16. Intervention 17. Somatic  
18. Discovery 19. Proteins 20. Contagious

**Matching sentence:** 1. Aggressiveness 2. Premature 3. Insomnia 4. Issued 5. Exposed 6. Preventing 7.  
Accessed 8. Mortality 9. Insufficiency 10. Intervention

## **CATEGORY**

1. Health - LEVEL3

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**Author**

aimeeyoung99