

Measles Quick Facts

What is Measles?

Measles is caused by a virus (very small germ).

If one person is sick with measles, they can make many other people sick. Some people can get very sick from measles and be hospitalized or die.



How do you get it?

The measles virus can stay in the air for up to two hours after a person with measles leaves the area. You can catch measles just by breathing air where someone with measles has been.



What are the symptoms?

The first symptoms start 7 to 14 days after being around measles:



Fever



Cough



Tiny white dots may appear inside the mouth



When the rash appears, a person's **fever may spike to more than 104°F**



A rash of tiny, red flat spots show up, beginning at the hairline and spreading down the rest of the body over the next few days



Runny Nose



Red, Watery Eyes



What should I do if I am around someone with measles?

If you know you have been around someone with measles and aren't protected by the measles vaccine or being sick with measles before, you should follow these steps:

- Your provider will see if you need post-exposure prevention, **which can only be done in a certain amount of time**
- Stay away from public settings **for 21 days** unless symptoms develop
- If symptoms develop, you should stay away from public areas **until five days after the rash started**



What if I am sick with measles?

If you are sick with measles the health department will work with you to determine when it is safe to return to public settings. **Usually, you can return when you have had a rash for more than five days.**

If you need health care, **call ahead** to your doctor's office or hospital and let them know your symptoms and concerns about measles **before showing up**. This will help keep other people in the health care setting safe.



Can you prevent measles?

Yes. There is a measles vaccine called MMR that protects you from measles. **One shot is expected to protect you by 93% and two shots by 97%.**

The vaccine is safe and is recommended for all children at 12 to 15 months of age and again as a second dose at four to six years of age.

