

# MEASLES

**Measles can be dangerous, especially for babies and young children.**

It can cause serious health complications like **pneumonia, swelling of the brain** and even **death**.

## Measles symptoms can include:

- **High fever** (may spike to more than 104°F)
- **Rash** breaks out 3-5 days after symptoms begin
- **White spots inside the mouth**
- **Cough**
- **Runny nose**
- **Red, watery eyes**

## Measles spreads easily.

- **Measles spreads through the air when an infected person coughs or sneezes.**
- **A person can spread measles to others even before knowing they have the disease.**
  - You can get measles just by **being in a room** where a person with measles has been.
  - This can happen even up to **2 hours** after that person has left the room.
  - If one person has it, up to **9 out of 10** people nearby will become infected if they are not protected.
  - You can spread measles to others from **4 days before** through **4 days after** the rash appears.



**The best way to protect against measles is with the measles, mumps, and rubella (MMR) vaccine.**

**MMR is safe and effective.**

Two doses of MMR vaccine are about **97% effective** at preventing measles.



## Possible exposure:



If you think that you have measles or have been exposed to someone with measles, **ISOLATE YOURSELF FROM OTHERS** and call your healthcare provider or urgent care before arriving to be tested.



**Do not arrive at a health care facility without giving advance notice.**



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