

What is measles?

Measles is an illness that spreads very easily from person to person. Measles spreads through the air when a sick person coughs, sneezes or talks.

The measles virus can stay in the air for up to two hours after a sick person leaves the room.

WATCH FOR SIGNS



High Fever



Cough



Rash



Red and/or Watery Eyes



Runny Nose

Sometimes measles can cause more serious problems, including:

- A lung infection called pneumonia
- Brain swelling
- In rare cases, death

If you think that you or someone in your family has measles, stay away from other people. Call your doctor before you go to their office. Measles can be spread to someone else from 4 days before a rash begins to 4 days after the rash starts.

Who can get measles?

Anyone can get measles, but people who have not been vaccinated are more likely to get sick. The measles vaccine helps keep you from getting measles.

These groups are more likely to get very sick from measles:

- Children under age 5
- People who get sick easily
- Pregnant women

What to do if you think you have measles

1

Were you near someone with measles?

Call your doctor or local health department right away, even if you feel well. There may be ways to keep you from getting sick.

2

Stay home and away from others.

Measles spreads very easily. If one person has measles, most people close by will get sick unless they have already had measles or the measles vaccine. You can spread measles before you know you are sick.

3

Know when you can spread measles.

You can spread measles to someone else from **4 days before a rash begins to 4 days after the rash starts**. Most people start to feel sick 10 to 12 days after being around someone with measles. The rash shows up a few days after you start feeling sick.

4

Call your doctor right away and before you go to their office.

Tell them you think you might have measles, and they will tell you what to do next. This is important so you don't get others sick.