

Measles

General Information

Measles is a highly contagious virus that spreads rapidly. It can cause fever, rash, or cold-like symptoms and become a serious illness for some people. Because the MMR vaccination rates have dropped, many outbreaks in the US have occurred over the past few years.

How it Spreads

Measles is very contagious. You can catch measles by:

- **Being near a sick person who is coughing or sneezing.**
- Touching surfaces that have been coughed or sneezed on.
- Touching your eyes, nose or mouth after being near a sick person.
- **The measles virus can live up to two hours in an airspace.**

Protect Yourself



Vaccinate Children should get 2 doses of the measles-mumps-rubella (MMR) vaccine: the first dose at 12-15 months old, and the second dose at 4-6 years old. Adults who have never had the vaccine or been exposed to measles should receive at least 1 dose.

Traveling Infants who are 6-11 months old should receive 1 dose if traveling internationally. Travelers over 12 years old should get 2 doses, separated by at least 28 days.

Symptoms

- Symptoms can show up 10 to 14 days after becoming infected.
- Early symptoms (about 4 days): Fever, cough, runny nose, and red, watery eyes—like a cold.
- Rash appears (around day 4): Spreads from the face downward, but you're contagious before it shows.

People may experience:

- **High fever**
- **Cough**
- **Runny nose**
- **Red, watery eyes**
- **White spots in the mouth**
- **Skin rash that starts** on the face and moves downwards on body

Complications Some people may have complications, such as ear infection, diarrhea, pneumonia, and brain swelling leading to deafness and mental health problems. Unvaccinated young children and pregnant women are at higher risk of developing complications.

Measles Outbreak

There is a serious measles outbreak in neighboring Texas and New Mexico. Reports indicate that at least one child has died as a result.

The best protection is for everyone in your family to be fully up to date on the MMR vaccine.

Treatment

There is no specific treatment for measles.



Call Doctor

Call your health care provider immediately if you have symptoms.



Stay Home & Isolate

If you have measles, you should isolate from others according to your doctor's instructions.

For any viral infection, people should treat symptoms and protect others from getting sick.



Clean Hands

Wash your hands or use sanitizer often



Hydrate

Drink plenty of water



Take Medicine

For fever, take medicine such as acetaminophen or ibuprofen