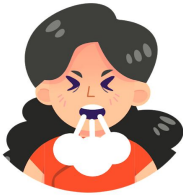


ALL ABOUT MEASLES

For Parents, Families, and the Community

What are the symptoms?

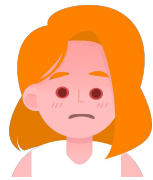
Measles usually begins with a high fever and the “3 Cs”



Cough



Coryza
(runny nose)



Conjunctivitis
(red, watery eyes)

A red, blotchy rash appears 2–4 days later starting at the hairline and spreading to the face, trunk, and limbs. The rash usually lasts 5-6 days. In some cases, measles can become very serious and may lead to pneumonia, seizures, brain damage, or even death.

How does measles spread?

Measles spreads through the air when someone with the virus coughs or sneezes. The virus can live in the air or on surfaces for up to 2 hours. People with measles can spread it from 4 days before the rash appears until 4 days after.



What should I do if I think I have measles?

Stay home and avoid contact with others. Call your healthcare provider before visiting.

How can measles be prevented?

The best protection is the MMR vaccine, which protects against measles, mumps, and rubella. Two doses are recommended.

Who else needs the MMR vaccine?

Travelers, healthcare workers, college students, and anyone without documented immunity should make sure they are up to date.