Measles

MEASLES IS A SERIOUS DISEASE

- Measles is a serious disease that causes a rash and fever.
- Measles is very contagious. It spreads when a person with measles breathes out, coughs or sneezes.
- Anyone who is not vaccinated is much more likely to get measles.
- Measles can be dangerous, especially for babies and young children. It can cause swelling of the brain and lung infections. In rare cases, it can be deadly.

VACCINATION IS THE BEST WAY TO PROTECT YOUR FAMILY

- The MMR shot is safe and very effective at preventing measles. It also protects against mumps and rubella.
- Doctors recommend that all children get the MMR shot.
- Getting the MMR vaccine is safer than getting measles.
- Most children do not have any side effects from the shot. The side effects that do occur are usually mild and don't last long, such as a fever, mild rash, and soreness.

Symptoms of measles and how it spreads

- Measles often begins with a high fever, cough, runny nose, and red, watery eyes. After 3-5 days, a rash usually begins on the face and spreads to other parts of the body.
- You can spread measles to others as early as four days before you have a rash and for up to four days after the rash first appeared.
- You can get measles just by being in a room where a person with measles has been. The measles virus stays in the air for up to two hours after that person has left the room.

Images: cdc.gov

Call your doctor or clinic right away if you see symptoms

- Your doctor or clinic will let you know if you need to come in for a visit.
- Measles is very contagious and you don't want to give it to someone in a waiting room. It's important to tell your doctor or clinic that you have symptoms of measles before you go. They will give you instructions for what to do so that you don't spread measles.

Stay at home if you have measles

- It's important not to spread measles to others.
- Stay at home if you have measles. Don't go to school, work, to the store, or other people's homes.
- Don't have visitors to your home if you or your child have a fever or rash.

For more information:
www.cdc.gov/measles

Thank you to Seattle and King County, Washington Public Health for the use of this infographic.

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