

MEASLES

WHAT YOU NEED TO KNOW

What is Measles?

Measles is a highly contagious respiratory disease caused by a virus that can lead to severe complications and death.

How is Measles Spread?

- Contact with an infected person (coughing, sneezing, or talking)
- Contact with airborne droplets (the virus can remain active and contagious in the air for up to 2 hours)

Measles is only spread through person-to-person. Animals do not get or spread measles.

What are symptoms of Measles?

Symptoms usually appear 10-12 days after exposure to the virus. Onset of symptoms typically begin with a high fever (101-105F), lasting roughly 2-4 days. Development of fever is then followed by:

- Dry cough
- Runny nose
- Sore throat
- Inflamed eyes
- Rash - begins at hairline, evolves to face and upper neck, proceeds downward and outward to hands and feet.
- Tiny white spots on the gums and inside of cheeks (Koplik's spots)

How do I treat my symptoms?

Although there is no specific treatment for measles, any complications should be managed appropriately. Vaccination is the best form of protection against measles.

Who is the most at risk?

- Any person who has not been vaccinated against measles
- Children younger than 5 years
- Pregnant women
- People with compromised immune systems

How long is a person contagious and able to spread Measles?

An infected person can spread measles to others even before knowing they have the disease. You can spread measles to others from 4 days before through 4 days after the rash appears.

Up to 9 out of 10 unvaccinated people will become infected with measles if they are exposed.

How do I protect myself from Measles?

Immunization against measles is the best way to prevent becoming infected. Two doses of measles vaccine, given at 12-15 months and at 4-6 years of age, is recommended. In the United States, two types of vaccines for measles are available:

- MMR - combination of vaccines for measles, mumps, and rubella
- MMRV - combination of vaccines for measles, mumps, rubella, and varicella

A person is considered immune if they:

- Have had two doses of measles vaccination, separated by at least one month, while 12 months of age or older.
- Show immunity to measles in blood work; or
- Were born before December 31, 1956

Vaccination	Routine Vaccination	Catch-Up Vaccination
MMR or MMRV*	2 dose series at age 12-15 months, age 4-6 years	Unvaccinated children and adolescents: 2-dose series at least 4 weeks apart*

*For dose 1 in children aged 12-47 months, it is recommended to administer MMR and varicella vaccines separately. MMRV may be used if parents or caregivers express a preference. The maximum age for use of MMRV is 12 years. If MMRV is used, the minimum interval between MMRV doses is 3 months.