

Measles - General Information

- Measles can be dangerous, especially for babies and young children. It can cause serious health complications like pneumonia, encephalitis and even death.

Measles symptoms typically include

- High fever (may spike to more than 104°F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. You can get measles just by being in a room where a person with measles has been. This can happen even up to 2 hours after that person has left the room.

If one person has it, up to 9 out of 10 people nearby will become infected if they are not protected. 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.

Protect yourself with the vaccine.

The best way to protect against measles is with the measles, mumps, and rubella (MMR) vaccine. MMR is safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective.

Possible exposure:

If you think that you have measles or have been exposed to someone with measles, isolate yourself from others and call your healthcare provider, urgent care, or emergency room before arriving to be tested. Do not arrive at a health care facility without giving advance notice.