

# Protect your Family from Measles (Rubeola)

## 1. What is measles?

Measles is a serious disease caused by a virus. It is very contagious and spreads through the air.

## 2. What are the symptoms?

People with measles will get symptoms 10-12 days after being exposed to the disease. Symptoms include:

- Fever
- Cough
- Runny nose
- Red watery eyes
- Rash of red spots. Some are slightly raised. Typically starts on the face or hairline and spreads to the rest of the body

## 3. How does measles spread?

You can get measles by sharing the same air with a person with measles, even up to two hours after the person is gone. A person with measles can spread the disease to others 4 days before their first rash appears to 4 days after their first rash appears. Almost everyone who has not had the measles vaccine will get measles if exposed to the measles virus.

## 4. How serious is measles?

Measles can lead to serious illnesses. It may even lead to hospitalization and death. Serious illnesses include:

- Diarrhea
- Ear Infection
- Brain Damage
- Deafness
- Pneumonia

Pregnant women, infants, young children and persons with a weakened immune system are at the most risk for serious illnesses. There is no treatment for measles.

## 5. How can measles be prevented?

The best way to prevent measles is to be up-to-date with vaccines. The MMR (measles-mumps-rubella) vaccine is safe and effective at preventing measles, mumps and rubella.

- Children should get the MMR vaccine at 12-15 months of age and at 4-6 years of age.
- Unvaccinated older children, teens and adults who are not pregnant should also get the MMR vaccine.
- If you have international travel plans, your child can receive the MMR vaccine as early as 6 months of age.

If you think you may have been exposed to measles and start developing a fever and rash, stay home and call your health care provider or your local public health department immediately.

**In summary**, measles is a serious and contagious disease. The best way to protect against measles is to get the MMR vaccine. Doctors recommend that all individuals get two doses of the MMR vaccine.



### Key Takeaway Messages:

- Measles is a very contagious airborne disease
- Symptoms: Rash, fever, cough or runny nose or watery eyes
- The best way to prevent measles is to be up-to-date with the MMR vaccine.
- Most measles comes into the United States by U.S. citizens who recently traveled internationally and visitors to the U.S.

### For More Information:

**Want more information on measles?** Visit

[http://publichealth.lacounty.gov/ip/VPD\\_measles.htm](http://publichealth.lacounty.gov/ip/VPD_measles.htm)

<https://www.cdc.gov/measles/>

**Don't have health insurance or a regular doctor?**

Dial **2-1-1** for a list of low or no cost vaccine clinics

**Want more information on vaccine requirements for school entry?** Visit

<http://www.shotsforschool.org/>

**Want more information?**

Call Los Angeles County Department of Public Health Vaccine-Preventable Disease Control Program at **(213) 351-7800 Monday-Friday 8:30am-5:00pm.**