



PIMA COUNTY HEALTH DEPARTMENT  
COMMUNICABLE DISEASE PREVENTION, SUITE 1340  
3950 S. COUNTRY CLUB RD, SUITE 100 • TUCSON, AZ 85714-2056  
(520) 243-7797 FAX (520) 791-0366

## **Exposure to Measles** **Instructions**

### ***If you do not have documented immunity to measles:***

- We recommend that you do not attend work, school, or day care and avoid public places until 21 days after the last measles exposure. If this is too much of a hardship, we recommend staying home at least from day 5-21 after your exposure. If you cannot comply with this recommendation, PLEASE stay home if you develop fever, runny nose, red eyes or rash during the 21 days after your exposure.
- Avoid going near non immune pregnant women, infants under 1 year of age, or people who may have compromised immune systems, such as people undergoing chemotherapy for cancer until 21 days have passed.
- Make sure that all household members are fully immunized against measles.
- Attempt to only have contact with people who are fully immunized against measles.
- Contact a physician immediately if you develop fever, cough, runny nose, red eyes, or rash until 21 days after the last measles exposure
- If you do not have documented immunity to measles, ask your physician about MMR vaccination or contact the Pima County Health Department immediately for a listing of local vaccination clinics. MMR vaccination can prevent infection in people exposed to measles if given within 72 hours of exposure.

Pima County Health Department (520) 243-7797, Monday through Friday from 8am to 5pm or (520) 743-7987 after hours

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