

Measles Exposure Information

May 27, 2016

Check your personal medical records and/or with your physician to determine if you have been immunized.

Two Measles, Mumps and Rubella (MMR) vaccinations are required to achieve protection.

Adults born before 1957 are generally considered immune to measles and mumps.

Measles is a highly contagious and potentially very serious disease. Before the vaccine 1 in 1,000 cases of measles resulted in death or brain damage.

The time between exposure to onset of symptoms is usually 10-12 days but may range from 7 to 21 days.

Symptoms of measles are:

- High fever 101 degrees F or above
- Fever is typically followed by onset of a cough, runny nose, and red watery eyes
- A few days later a rash develops beginning at the hairline and spreading to the chest, arms, and legs.

Following possible exposure:

- Partially vaccinated individuals may have milder symptoms or the rash may start on other parts of the body.
- Individuals are contagious for 4 days before the rash and for 4 days after the rash appears.
- If you do develop these symptoms, isolate yourself from other family members and the public.
- Call your physician and notify them you may have been exposed to the measles and you have symptoms of measles. You will need to be evaluated by a physician since other diseases also share these symptoms.
- Put on a mask before entering a waiting room at a hospital or physician's office.
- When you arrive BE SURE to tell the admitting clerk that you may have measles, they may choose to place you in an isolation room.

If you have questions please call the Pima County Health Department.

Phone: 520-724-7797



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