



## Measles

Your child may have been exposed to this disease on \_\_\_\_\_.  
Date(s)

Please check your child for symptoms through \_\_\_\_\_.  
Date

*If your child has symptoms, please contact your child's healthcare provider.*

### If my child has this disease, when can he or she return to school or child care?

**Children with measles may not return to school until it has been at least 7 days after the rash started.** All unvaccinated children, whether they are sick or not, are excluded from school for 21 days after each new case of measles is found at a school.

#### **Measles is a virus.** It causes:

- High fever (often as high as 105° F)
- Cough
- Runny nose
- Red, watery eyes
- A red rash, which usually shows up 3-5 days after other symptoms begin. It usually starts on the face and neck and spreads down the body to the legs.

These symptoms usually start 7 to 12 days after a person is exposed to a person sick with measles, but it can take as long as 21 days.

Measles can be a serious illness for infants and young children.

#### **What can I do now?**

If your child has not had measles or the MMR vaccine, the illness might be prevented or made less severe by getting the vaccine within 72 hours of being exposed. An **infant or young child** who has been exposed to measles or shows symptoms of measles should contact their doctor **immediately**.

**Watch your child for symptoms of measles, and call your child's doctor immediately if your child becomes sick.** Call the doctor's office or hospital **before** you arrive and tell them your child has symptoms of measles. Do not bring your sick child to a waiting room in a clinic or hospital. Keep your child at home and away from people who have not been vaccinated for measles. If your child has to leave the house while contagious, he or she should wear a surgical mask over his or her nose and mouth to prevent spreading the illness to others.

#### **How can I prevent measles in the future?**

After you have had measles, you are not likely to get it again. Measles can be prevented by receiving two doses of the MMR vaccine. Talk to your child's doctor or health care provider for more information.

#### **How is measles spread?**

Measles spreads very easily to other people through the air. It is spread by:

- Being in the same room as someone with the measles
- Coughing and sneezing
- Touching a person or object contaminated with the virus

A sick person can spread the measles beginning 4 days before the rash appears until 4 days after the rash appears.