



Measles

What You Need to Know

What is Measles?

- Very contagious virus that can cause people to become very sick, hospitalized, or even die.

What are symptoms of Measles?

Starts with:

- High fever
- Runny nose
- Red eyes
- Cough and sore throat

Followed by:

- Tiny white spots in the mouth
- Raised, red rash beginning on the 3rd-5th day of illness. The rash starts on the face, spreads down the body and out to the arms and legs

How do people get measles?

- Virus is spread when an infected person coughs and sneezes. Spread through air and contaminated surfaces

Very Contagious!!

The measles virus can stay in the air for up to 2 hours!

What does that mean for you?

Let's say a person sick with measles went to a fast food restaurant to eat. You and your family go to that same restaurant to eat an hour after they left. The virus would still be in the air and could still infect your family, even though the sick person is not there!

How can I keep my family and I healthy?

Get the vaccine!

- There is a vaccine called MMR which can prevent you from getting sick.
- 2 doses is about 97% effective!
- Children should get the first dose at 1 year of age.

What if I choose not to vaccinate me or my children?

- People exposed to measles, who are unvaccinated, could be quarantined in their home for 21 days.
- Quarantined at home means you cannot go to public places, like work, school, grocery store, etc.
- Unvaccinated children who are exposed to measles could be excluded from school for 21 days.
- Children could be excluded from school longer if more cases of measles appear at the school.
- This means you and your children could miss almost a month of work and school!

Where can we get the vaccine?

- The Grand Traverse County Health Department (231) 995-6131
- Munson Medical Center Pediatric Specialty Clinic in Traverse City, Mondays and Wednesdays from 5 - 8 pm and Saturdays from 9am - 1pm (231) 935-5000
- Your pediatrician/family doctor's office

Questions? Call (231)995-6111