



MEASLES FACT SHEET

WHAT IS MEASLES?

Marburg hemorrhagic fever (Marburg HF) is a rare but severe hemorrhagic fever which affects both humans and non-human primates. It is caused by a virus.

HOW DO YOU GET MEASLES?

It can spread to others through coughing and sneezing. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected. The measles virus can live for up to two hours in an airspace where the infected person coughed or sneezed. Infected people can spread measles to others from four days before through four days after the rash appears.

SYMPTOMS

The symptoms of measles generally appear about seven to 14 days after a person is infected. Measles typically begins with high fever, cough, runny nose, and red watery eyes. Two or three days after symptoms begin, tiny white spots may appear inside the mouth. Three to five days after symptoms begin, a rash may appear on the face, neck, trunk, arm, legs, and feet.

TREATMENT

There is no specific treatment for measles. Discuss treatment options with your doctor.

PREVENTION

The best way to prevent measles is to get the MMR vaccine.

If you have measles, you should stay home for four days after you develop the rash. Staying home is an important way to not spread measles to other people. Talk to your doctor to discuss when it is safe to return.

Cover your mouth and nose with a tissue when you cough or sneeze

Wash your hands often with soap and water.

Avoid sharing drinks or eating utensils

Disinfect frequently touched surfaces such as toys, doorknobs, tables, and counters.

DGHD EFFORTS

The Delaware General Health District (DGHD) offers the MMR vaccine. Please call (740) 203-2040 to schedule an appointment. Reports of suspected and confirmed cases of disease are made to the DGHD. The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.