



MEASLES FACT SHEET

WHAT IS MEASLES?

Measles is a highly contagious virus. Measles can be dangerous, especially for babies and young children.

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 7-14 days after a person is infected. Measles symptoms include a rash, high fever, runny nose, cough, loss of appetite and red, watery eyes. The rash usually lasts 5-6 days and begins at the hairline, moves to the face and upper neck, and proceeds down the body.

TREATMENT

There is no specific treatment for measles. Call your doctor immediately if you think you or your child has been exposed to measles.

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.

HEALTH DISTRICT EFFORTS

The Health District 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 Health District. The Health District investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.