

Instructions for People Exposed to Measles Who Are Not Immune

You were exposed to someone who has measles. Because you are not immune to measles, you could get sick or make other people sick.

This is what you need to know about measles:

- Measles is **spread** through respiratory secretions and by breathing the same air as a person with measles.
- Measles is **very contagious**. People with measles are contagious from four days before they get a rash until the fifth day after the rash starts.
- The **first symptoms** of measles are fever followed by cough, runny nose and red, watery eyes.
- **Later symptoms** are a rising fever and a rash all over the body.
- Measles can cause **other health problems**. They include ear infection, diarrhea, pneumonia,

miscarriage, brain inflammation and hospitalization. Measles can even cause death. This is what you should do:

- Because people can spread measles to others before the rash even begins, **you could be contagious now**.
- It is very important for you to **stay home and away from other people for 21 full days** after you were exposed. This is the time you could get sick and infect other people.
- **Avoid having visitors** for the full 21 days after you were exposed.
- **Do not go out** shopping or to work, school or religious services during this time.
- **Keep children home** and away from others through and including 21 days after exposure:

Exposure date: _____

Date you may resume normal activities: _____

If you get sick and need to see a doctor, **call ahead** to tell the doctor's office that you may have measles so the office can schedule your appointment when other patients will not be exposed (for example, after hours). The doctor's office may ask you to use a different entrance.

Once the 21-day period has passed, talk to your doctor about getting the **measles vaccine** to prevent you from getting sick in the future.