WHAT TO DO IF YOU THINK YOU HAVE MEASLES

Symptoms of measles and how it spreads

Measles often begins with a high fever, cough, runny nose, and red, watery eyes. After 3-5 days, a rash usually begins on the face and spreads to other parts of the body.

You can spread measles to others as early as four days before you have a rash and for up to four days after the rash first appeared.

You can get measles just by being in a room where a person with measles has been. The measles virus stays in the air for up to two hours after that person has left the room.

Call your doctor or clinic right away if you see symptoms

Your doctor or clinic will let you know if you need to come in for a visit.

Measles is very contagious and you don’t want to give it to someone in a waiting room. It’s important to tell your doctor or clinic that you have symptoms of measles before you go. They will give you instructions for what to do so that you don’t spread measles.

Stay at home if you have measles

It’s important not to spread measles to others.

Stay at home if you have measles. Don’t go to school, work, to the store, or other people’s homes.

Don’t have visitors to your home if you or your child have a fever or rash.

For more information: www.kingcounty.gov/measles