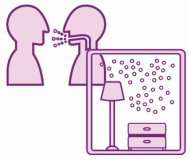




Measles

What you should know

How does measles infection work?



Measles spreads directly through droplets when an infected person coughs or sneezes, or through contaminated air and surfaces. Measles can spread through the air for **up to 2 hours**.



Measles symptoms appear **7-14 days after exposure** to the virus. The first symptoms include fever; cough; red, watery eyes; and runny nose.



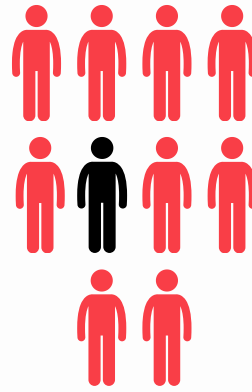
Measles rash appears **3 to 5 days after the first symptoms**. It usually begins as flat red spots that appear on the face at the hairline. They then spread downward to the neck, trunk, arms, legs, and feet.



An infected person can spread measles to others before knowing they have it. Measles can spread from **4 days before through 4 days after** the rash appears.

If you think you have measles, call your doctor before visiting in person. Measles is extremely contagious!

Measles is **extremely contagious**.



- **9 out of 10** people who are near an infected person will also become infected if not protected by vaccines or past infection.
- Measles can spread through the air for **up to 2 hours** after an infected person has left the room.

Vaccines are **highly effective**.



Getting two doses of the measles vaccine (MMR) is **97% effective** at preventing measles.

Vaccines are the best way to protect yourself and others from measles.

Measles is more than just a rash!

Risks include:

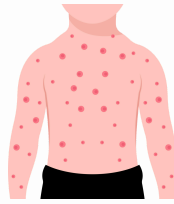
- **Hospitalization.** About 1 in 5 unvaccinated people in the U.S. who get measles is hospitalized.
- **Pneumonia.** This is the most common cause of death from measles in young children.
- **Brain swelling**
- **Deafness**
- **Intellectual disabilities**
- **Pregnancy complications**
- **Death**
- **SSPE** (subacute sclerosing panencephalitis). This disease develops 7 to 10 years after measles infection and is almost always fatal.

More info on measles: [CDC.gov/measles](https://www.cdc.gov/measles)

Vitamins and supplements cannot prevent measles. **Vaccines are the safest and most effective way to protect yourself.** Get your family up to date today!

Measles vs. Chickenpox

Measles



Chickenpox (varicella)



Rash Appearance:

Measles Rash:

- Flat, red spots. May appear less red on darker skin tones.
- Usually appears first on the face at the hairline then spreads downward to the neck, trunk, arms, legs, and feet.
- Small raised bumps may also appear on top of the flat red spots.

Chickenpox Rash:

- Red, raised bumps. May look like mosquito bites or acne. May appear less red on darker skin tones.
- Usually appears first on the chest, back, and face, then spreads throughout the body
- Bumps turn into itchy, fluid-filled blisters
- Blisters eventually become scabs

Other Symptoms:

Measles Symptoms:

- First symptoms 3-5 days before rash:
 - High fever (may reach more than 104°F)
 - Cough
 - Runny nose
 - Red, watery eyes
- Koplik spots (tiny white spots) in mouth 1-2 days before rash
- Rash usually lasts around 4-7 days

Chickenpox Symptoms:

- First symptoms 1-2 days before rash:
 - Fever
 - Tiredness
 - Loss of appetite
 - Headache
- Rash usually takes about 1 week for all blisters to turn to scabs

If you notice a rash and think it could be measles or chickenpox, call your doctor before visiting to prevent spreading it to others!