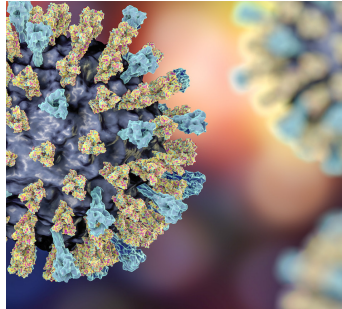


# MEASLES

## WHAT YOU NEED TO KNOW



### WHAT IS MEASLES?

**Measles isn't just a little rash.** Measles is a virus that can cause serious health complications, especially in children younger than 5 years old.

- Starts with a fever; then cough; runny nose; red, watery eyes (conjunctivitis); and rash.
- The rash starts at the hairline and face, then spreads down to the rest of the body.
- Tiny white spots may appear inside the mouth.

### HOW MEASLES SPREADS

**Measles is very contagious (spreads easily).** If 1 person has measles, up to 9 out of 10 unvaccinated people nearby will become infected.

- Spread through the air when an infected person coughs or sneezes.
- The virus can live up to 2 hours in the air after the infected person leaves the area.



### HOW TO PREVENT MEASLES

**The best way to prevent measles is with the measles, mumps, and rubella (MMR) vaccine.**

- Children may get the measles, mumps, rubella, and varicella (MMRV) vaccine instead, which protects against chickenpox too.

### KNOW IF YOU'RE PROTECTED AGAINST MEASLES

**You're protected from measles if you have written documentation (records) showing:**

- 2 MMR/MMRV doses, or
- Lab test showing immunity, or a history of measles.

**If you're not sure, request:**

- A copy of your vaccination records from your doctor, or [myvaccinerecord.cdph.ca.gov](http://myvaccinerecord.cdph.ca.gov).
- MMR/MMRV vaccine from your doctor, student health services, or find a clinic at [MyTurn.ca.gov](http://MyTurn.ca.gov).
- Testing (blood work) from your doctor, or student health services.



## FOR MORE INFORMATION



County of San Diego  
Public Health Services  
Scan QR code, or visit  
[www.sandiegocounty.gov/measles](http://www.sandiegocounty.gov/measles).