

What you should know about **MEASLES**

WHAT IS MEASLES?

Measles is a highly contagious and potentially severe disease that causes fever, rash, cough and red, watery eyes. Measles spreads very easily by air and by direct contact with an infected person.

HOW DOES MEASLES SPREAD?

- The virus spreads easily through the air when a sick person coughs or sneezes. The virus can stay in the air for up to two hours, even if the sick person has left the room. You can become infected by being in a room that a sick person was in or by touching objects that they've touched.
- Up to 90% of people who have never been vaccinated against or sick with measles will become infected if they have contact with the virus. A person with measles can spread the disease to others even before they have any symptoms.



SIGNS & SYMPTOMS



Fever (over 101° F)



Cough



Runny Nose



Red Watery Eyes



Rash

WHAT COMPLICATIONS CAN MEASLES CAUSE?

Measles can cause ear infections and diarrhea. It can also cause serious illness, such as pneumonia, encephalitis (swelling of the brain), permanent brain damage, hearing or vision loss and even death. Anyone can suffer complications, however some groups, such as infants and children aged <5 years, adults aged >20 years, pregnant women, and people with weak immune systems due to Leukemia or HIV, are more likely to have serious health problems due to measles.

HOW IS MEASLES TREATED?

There is no treatment for measles. **Treatment focuses on relieving symptoms and managing serious health problems that can happen.**

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WHAT CAN YOU DO TO PREVENT MEASLES?

Getting vaccinated is the best way to keep from getting and spreading measles.

- The Measles, Mumps, Rubella (MMR) vaccine's safety and effectiveness records are strong.
- People should get MMR vaccine if they haven't been vaccinated or don't know if they received the MMR vaccine.
- Kids should be vaccinated between 12-15 months and again at 4-6 years.
- Anyone born after 1957 who hasn't been vaccinated should get their MMR vaccine.
- Infants between 6 and 12 months should get a MMR vaccine prior to any international travel.
- Contact your doctor if you're traveling soon and are unsure whether you are immune to measles or don't have proof of two MMR vaccines.



To access your digital vaccination record, visit myvaccinerecord.cdph.ca.gov

WHERE CAN YOU GO TO GET VACCINATED?

Call your doctor to get an MMR vaccine, which may be covered by your insurance. You may also be vaccinated at a pharmacy or at a clinic offering no or low-cost vaccinations.

Our Health Department's Immunization Clinic offers low-cost vaccinations for children and adults:



Main Health Department
2525 Grand Ave.



Monday - Friday
8 a.m. - 5 p.m.



By appointment only

For an appointment, please call 562.570.7912

WHAT SHOULD YOU DO IF YOU THINK YOU MAY HAVE MEASLES?



If you think that you or someone in your family has been exposed to or has measles, stay home and call your doctor's office right away. Tell them that you might have measles before you go so they can take steps to prevent other patients and staff from being exposed.

WHERE CAN I LEARN MORE ABOUT MEASLES?



Centers for Disease Control and Prevention:
cdc.gov/measles



California Department of Public Health:
[Measles \(ca.gov\)](https://Measles.ca.gov)