

# What to do if You've Been Exposed

## TO MEASLES AND YOU'RE NOT VACCINATED

Measles is a very serious illness that can make people, especially young kids, very sick. Measles spreads **VERY** easily, just by breathing the same air as someone with measles.

- The first signs of measles are cough, runny nose, sore throat, red eyes, and high fever.
- Later signs are a skin rash all over your body as well as a rising fever.
- **You are contagious (you can spread measles to others) 4 days BEFORE the rash starts. This means you could be contagious NOW.**

### This is what you should do:

- **STAY HOME** and away from other people for **21 full days after you were exposed**. The day you were exposed is Day 0; the day after exposure is Day 1 of your 21-day quarantine. **You may return to normal activities on Day 22.**
- Do not have visitors during this time.
- **Do NOT go out** shopping, or to work, school, or religious services.

### Protect yourself for the future:

- Talk to your doctor about getting the measles shot. **2 doses of the vaccine are 97% effective at preventing measles.**

**If you suspect you or one of your family members has been exposed to measles,**

**call your doctor or local health department immediately.**

**Please do NOT go directly to your doctor.** You could infect others in the waiting room or while traveling to and from the doctor's office if you do have measles. Your doctor will be able to tell you the next steps to take to protect yourself, your family and your community.

Measles spreads so easily that if one person has it, **9 out of 10 people around them will also get sick if they are not vaccinated.**

