

## Measles Vaccine and Measles Information

### Symptoms

Measles is a highly contagious illness and unvaccinated populations are at highest risk of becoming sick when exposed to the measles virus. It can be spread through coughing, sneezing and contact with secretions from the nose, mouth and throat of an infected person. Initial symptoms of this illness may include a fever over 101 F degrees, runny nose, watery red eyes and a cough. After a few days, a rash will begin to appear on the face and spread over the entire body. Persons with measles are considered infectious four days before and four days after the rash appears. Although rare, complications can happen. These include in particular, pneumonia, infection of the central nervous system, and can result in death.

### Prevention and Vaccination

- If you believe you have the measles illness contact your healthcare provider or the health department stating you may have the measles **before** arriving at the healthcare facility. This will help prevent the spread of the highly contagious measles illness to others who may not be vaccinated.

-Measles can be prevented by the combination MMR (measles, mumps and rubella) vaccine. It is important for all individuals 12 months of age and older to get vaccinated.

-Stokes County residents who have not received a measles vaccine or who have not had measles previously or are unsure if you have completed the MMR series should contact the Stokes County Health Department at 336-593-2400 to receive a free vaccine.

-Review your family's immunization records to ensure all required or recommended vaccines were given.

-If you are believe you have been in contact with the measles illness Stokes County Health Department encourages you to stay at home and avoid populated areas.

Further information can be found at:

<http://www.cdc.gov/measles/about/index.html>

<http://www.epi.publichealth.nc.gov/cd/diseases/rubella>

<http://www.immunize.nc.gov/family/vaccines/measles.htm>