



Measles Recommendations and Prevention 2024

September - 2024

Measles is a Serious Disease



PUBLIC HEALTH
COMMUNICABLE DISEASE

- Measles is a serious disease that causes a rash and fever.
- Measles is very contagious. It spreads when a person with measles breathes out, coughs or sneezes.
- Anyone who is not vaccinated is much more likely to get measles.
- Measles can be dangerous, especially for babies and young children. In rare cases, it can be deadly.

Measles Symptoms:

Symptoms of measles and how it spreads:

- Measles often begins with a high fever, cough, runny nose, and red, watery eyes. After 3-5 days, a rash usually begins on the face and spreads to other parts of the body.
- You can get measles just by being in a room where a person with measles has been. The measles virus stays in the air for up to two hours after that person has left the room.



Measles Vaccination:

The best way to protect against measles is with the measles, mumps, and rubella (MMR) vaccine. MMR is safe and effective. Two doses of MMR vaccine are nearly 100% effective at preventing measles; it is our most protective vaccine.

Prevent measles and talk to your healthcare provider about the MMR vaccine, especially if planning to travel. If you do not have immunity against measles and are exposed to someone with one of these diseases, talk with your doctor about getting MMR vaccine. It is not harmful to get MMR vaccine after being exposed to measles, mumps, or rubella, and doing so may possibly prevent later disease.

School Exclusion

- Keeping children in school/child care is a priority, but measles is a serious disease. An unvaccinated child who is exposed to measles will not be allowed to go to school or child care during the time period when they could become sick, usually for 21 days after exposure. This may be extended if there are more measles cases.
- People excluded from school or child care after a measles exposure are asked to stay home to avoid exposing others in the community.
- Refer to your communicable disease response plan for schools in the ODE and OHA guidelines.

