



MEASLES

Tulare County Health &
Human Services Agency

Public Health Branch

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Measles is a highly contagious viral infection spread through coughing or sneezing by a person with the illness. An individual who is exposed to the disease can incubate measles up to 21 days after exposure and is contagious from four days before until four days after the rash appears. The measles virus lingers in a room and can still infect others two hours after the infected person has left the room.

A person with measles can spread the disease to others even before any symptoms appear. Without an immunization, most people who have never been immunized will get the disease if they have any contact with the virus.

Symptoms of measles include:

- High fever (over 101° F)
- Cough
- Runny nose
- Red watery eyes
- A rash that starts on the face and spreads to the rest of the body

Prevention:

- Children should be immunized with the measles-mumps-rubella (MMR) vaccine at 12–15 months of age and again at 4–6 years of age
- Teens and adults born after 1956 who never had the immunization should get an MMR immunization
- If you don't know if you have had the MMR immunization or have not been immunized, you should get an MMR vaccine
- If traveling out of the country, ensure you have had an MMR vaccine

Getting immunized is the best way to keep from getting and spreading measles. The MMR vaccine is available through the Immunization Program at (559) 685-5725.

If you are ill or have had contact with someone who may have been exposed to measles, contact your doctor's office by phone right away. Tell them you may have been exposed to measles so they can take steps to prevent other patients and staff from being exposed.

The Tulare County Public Health Branch works to protect community members through notifying the public through posting and local media about measles, encouraging immunization, promoting immunization programs, and protecting the community through active or passive immunization and rapid measles testing.