



## MARYLAND Department of Health

### **Instructions for People Who Might Have Been Exposed to Measles**

#### **This is what you need to know about measles:**

- Measles is spread through respiratory secretions and by breathing the same air as a person with measles.
- Measles is very contagious. People with measles are contagious from four days before they get a rash until the fifth day after the rash starts.
- The first symptoms of measles are fever followed by cough, runny nose and red, watery eyes.
- Later symptoms are a rising fever and a rash all over the body.
- Measles can cause other more serious health problems as well.

#### **This is what you should do:**

- If you are healthy and know you have had two doses of MMR vaccine, you do not need to take any additional actions.
- If your immune system is currently weakened by disease or medications, even if you have received two doses of MMR vaccine, call your doctor right away and tell them you might have been exposed to measles as you might need a medication called immune globulin.
- If you know you have **NOT** received two doses of MMR vaccine, or if you aren't sure whether or not you have received two doses of MMR vaccine, call your doctor right away to determine next steps since you might need a dose of MMR vaccine or a medication called immune globulin.
- Monitor for possible symptoms of measles, such as fever, cough, runny nose, red eyes and rash for 21 days after your last possible exposure to measles. If you develop any symptoms, call your doctor before visiting their office so they can make special arrangements to evaluate you, if needed, without putting other patients and medical office staff at risk.