

Cough? Fever? Rash?



# WHAT TO DO IF YOU HAVE MEASLES

Measles is contagious and can be very serious.

## **This is what you should do if you have measles:**

- + Let your doctor know if you think you have measles or if you have been exposed to someone who had measles over the past month.
- + Because people can spread measles to others before the rash even begins, you could be contagious now.
- + If you need to see a doctor, call ahead to tell the doctor's office that you may have measles so the office can schedule your appointment when other patients will not be exposed
- + It is very important for you to stay home and away from other people for 21 full days after you were exposed. This is the time you could get sick and infect other people.
- + Avoid having visitors for the full 21 days after you were exposed.
- + Do not go out shopping or to work, school or religious services during this time.
- + Keep children home and away from others through and including 21 days after exposure
- + Once the 21-day period has passed, talk to your doctor about getting the measles vaccine to prevent you from getting sick in the future.