

You may have been exposed to measles

Next steps for you and your family

Important – if you are sick now:

- Stay home and call [County Name] County Public Health at ###-###-####.
- Call before going in person to any clinic, pharmacy, or hospital.
- **Don't** wait for a rash.

1. If you are not sick *and* you know you are not protected from measles, call [County Name] County Public Health today.

- **Call right away** if the exposed person is a baby under 1 year old, pregnant, or has a weakened immune system.
- **Measles vaccine (MMR) may help** if it is given within 3 *days* after the first exposure.
- **Immune globulin may help certain people** if it is given within 6 *days* after the first exposure.
- **You are protected from measles** if you have been vaccinated for measles (and have proof) **or** you have had measles before (and have lab paperwork) **or** you were born before 1957.

2. Watch for symptoms for 21 days after your last exposure.

- **First symptoms:** fever, cough, runny nose, and/or red and watery eyes.
- **The rash usually comes later.** It often starts on the face and spreads down the body.
- **Do not wait for the rash.** Call as soon as fever or other symptoms begin.

3. If you become sick, please:

- **Stay home and away from others.** Do not attend church, school, work, shared meals, weddings, stores, visits, or family gatherings. Do not travel anywhere or have visitors.
- **Call before leaving home.** Say: "I was exposed to measles, and now I am sick."
Public health or the healthcare facility will tell you where and how to be seen safely.
- **For an emergency, call 911.** Tell the dispatcher about the measles exposure before help arrives.

4. If public health says you are not protected, please stay home.

Please stay home until 21 days after your most recent exposure or the date local public health gives you.

Do not go to church, work, school, weddings, stores, shared meals, visits, or gatherings.
Staying home helps protect your family and community.

Logo here

When you call: Have any vaccine record ready. Tell us right away if anyone exposed is a baby under 1 year old, pregnant, or has a weakened immune system.

[County Name] County Public Health: ###-###-####

Street Address; City, State, Zip