

Your child may have been exposed to:

## Measles

Measles is a serious viral illness that may be prevented by vaccination.

### If you think your child has Measles:

- Tell your childcare provider or call the school.
- **Need to stay home?**

#### Childcare and School:

**Yes**, until 4 days after the rash begins.

A child with measles should not attend any activities during this time period.

If a case of measles occurs in your childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.

### Symptoms

Your child may have a high fever, watery eyes, a runny nose, and a cough.

A rash appears between day 3 to day 7 of illness. This rash will appear red and blotchy and last up to 7 days. It usually begins on the face (in the hairline) and then spreads down so it may eventually cover the entire body.

If your child has been infected, it may take 8 to 18 days for symptoms to start.

### Spread

- By coughing and sneezing.
- By touching contaminated objects or surfaces.

### Contagious Period

From 4 days before to 4 days after the rash starts.

### Call your Healthcare Provider

If anyone in your home:

- ◆ was exposed to measles and has not had measles or measles vaccine in the past.
- ◆ develops cold-like symptoms with a fever and/or a rash. Keep them at home. **DO NOT go to a healthcare facility without calling first.** Your child will be kept separate from others to prevent further spread. A blood test may be done.

### Prevention

- In Minnesota, all children 15 months of age or older attending childcare or school must be vaccinated against measles or have a legal exemption. Two doses or a legal exemption are required for kindergarten and seventh grade enrollment.
- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Prepared by Hennepin County Human Services and Public Health Department (HSPHD)