

WHAT IS MEASLES?

Measles (Rubeola) is a contagious viral infection that causes a red, splotchy rash that often appears on the face, behind the ears, and then spreads down the neck, chest, arms, legs, and feet. Babies and young children are usually affected by this disease. Measles can cause serious health complications, such as pneumonia, encephalitis (swelling in the brain), and even death. However, it is easily preventable with vaccine.

THE SYMPTOMS OF MEASLES GENERALLY APPEAR ABOUT 7-10 DAYS AFTER THE PERSON IS INFECTED

Measles begins with:

- Runny nose, sore throat, red watery eyes
- Tiny white spots inside the mouth
- High Fever (may spike to 104° F)
- Rash breaks out 3-5 days after symptoms begin



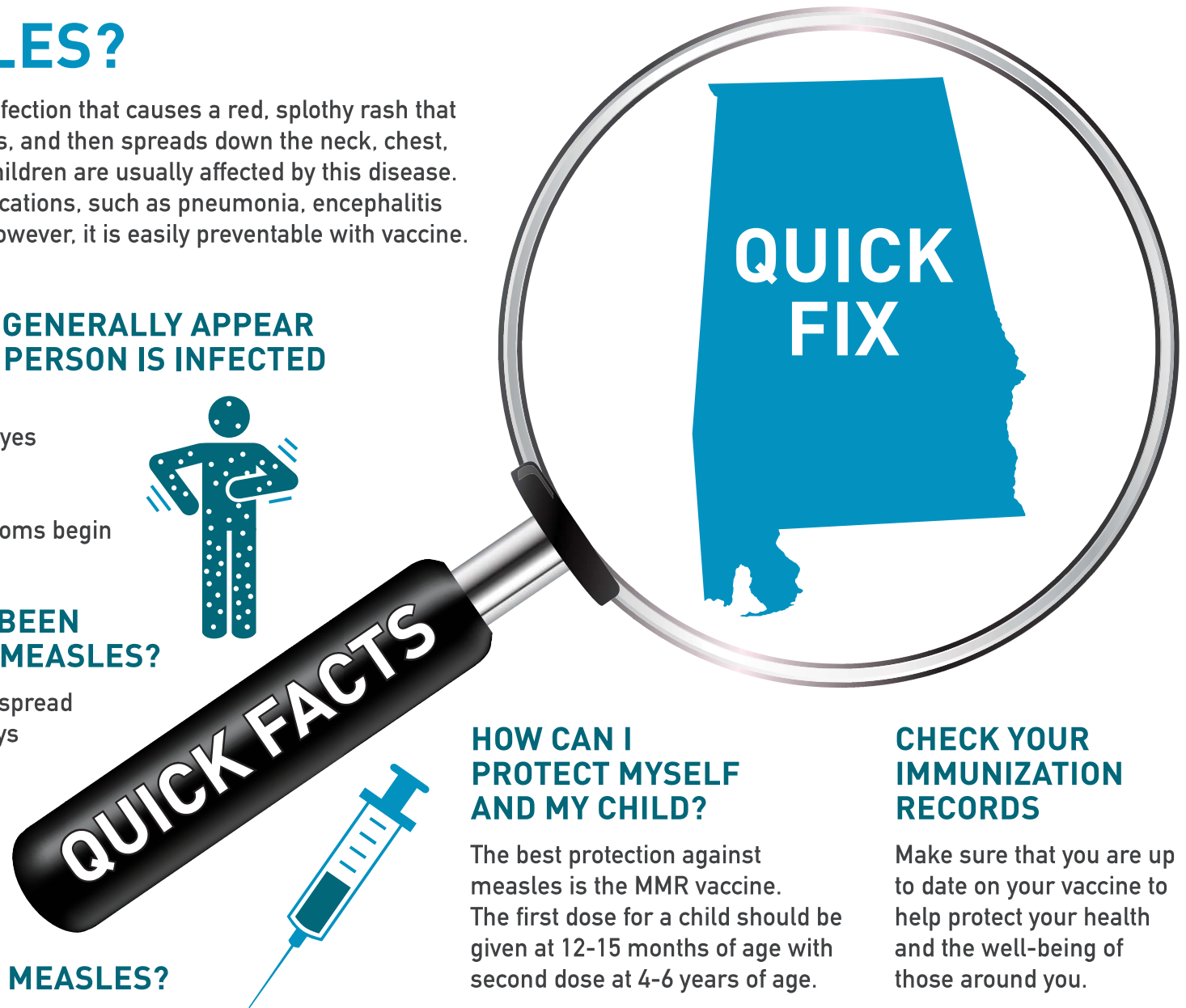
WHAT SHOULD I DO IF I HAVE BEEN EXPOSED TO SOMEONE WITH MEASLES?

- Stay away from others. A person can spread measles 4 days before and up to 4 days after the rash develops.
- Contact your physician and let them know that you have been exposed
- Do not go into the healthcare facility until advised

WHO IS AT RISK FOR GETTING MEASLES?

- People born after 1957
- Unvaccinated individuals
- International travelers
- College students
- Young children

Please scan the QR Code for more information
and schedule an appointment
to get vaccinated on the ADPH website.
alabamapublichealth.gov/immunization



HOW CAN I PROTECT MYSELF AND MY CHILD?

The best protection against measles is the MMR vaccine. The first dose for a child should be given at 12-15 months of age with second dose at 4-6 years of age.

CHECK YOUR IMMUNIZATION RECORDS

Make sure that you are up to date on your vaccine to help protect your health and the well-being of those around you.

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