

THERE'S A CURRENT OUTBREAK OF MEASLES

Adapted from Washington State Department of Health

Measles is a very contagious disease caused by a virus. It can be dangerous, especially for babies and young children. Protect your family and your community.



Measles spreads through the air when a sick person coughs or sneezes. The virus can stay in the air for 2 hours after a person with measles leaves the space. It is so contagious that about 9 out of 10 people who come near a person with measles and are not protected by vaccination will also become infected.

Measles symptoms appear 7 to 14 days after contact with the virus. Common measles symptoms include:



High fever
(may spike to more than 104°F)



Cough



Runny nose



Red and/or watery eyes



Rash
(breaks out 3-5 days after symptoms begin)

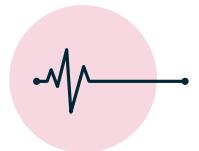
Measles can cause severe health problems, including:



Pneumonia



Swelling of the brain
(encephalitis)



Possibly even death

If you think that you or someone in your family has measles:

- **Stay home** (Do not go to work, school, church, to the store, or other public places; Do not have visitors over.)
- **Call FIRST before going to a doctor's office, urgent care, or Emergency Room.** Let them know you think you have measles. They can tell you how to get medical care in a way that is safe for you, healthcare workers, and other patients.
- **Call 9-1-1 if you or your family member are having a medical emergency,** like trouble breathing, very high fever, or other serious health problem.

If you or a family member has measles, you may get a phone call from the Health Department.

- Information you share will be used to help protect others in your community.

