

## HIGH RISK POPULATIONS

Those at high risk for developing measles include:

- Children under 12 months
- Persons with weakened immune systems
- Pregnant women
- People who cannot receive the MMR vaccine

## LEARN MORE

To find more information on pandemic illnesses, you can visit:

[MINNEAPOLISMN.GOV/HEALTH/PREPAREDNESS](http://MINNEAPOLISMN.GOV/HEALTH/PREPAREDNESS)

[WWW.CDC.GOV](http://WWW.CDC.GOV)

For reasonable accommodations or alternative formats please contact the Minneapolis Health Department at 612-673-2301 or [health@minneapolismn.gov](mailto:health@minneapolismn.gov).

People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.

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# MEASLES

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## What is measles?



Measles Virus (CDC)

Measles, or rubeola, is a viral infection of the respiratory system. The virus that causes measles is called *Morbillivirus*. Measles is a highly contagious infection that can spread through the air or come into direct contact with infected individual's saliva or other respiratory droplets.

## SYMPTOMS

The virus can stay active on surfaces and in the air for up to two hours and when infected, the symptoms will start to show up 10 to 14 days after being infected. These symptoms are:

- Fever (greater than 104 °F)
- Cough
- Runny nose (coryza)

## SYMPTOMS

- Red, watery eyes
- Muscle ache
- Sore throat
- Tiny white bumps in the mouth (Koplik spots)
- Widespread red skin rash (appears 3-5 days after exposure)



The rash usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet.

Complications with this infection can include:

- Diarrhea
- Blindness
- Ear infection
- Inflammation of the brain
- Pneumonia

## PREVENTION

The only way to prevent measles is to get a Measles-Mumps-Rubella (MMR) vaccine which is 97% effective after two doses. The first dose is given to children between 12-15 months old, with a second dose at 4-6 years old.

If a family member contracts measles, they should be excluded from going to public places where they can infect other people. When sneezing or coughing, the infected individual should wear a mask to prevent droplet particles to spread through the air.

## TREATMENT

It is important to be vaccinated against measles because there is no treatment once contracted. Once a person contracts measles, they are recommended to:

- Get an MMR vaccine within 72 hours of exposure
- Use acetaminophen for fever/aches
- Drink fluids and rest
- Use Vitamin A supplement
- Humidifiers may provide respiratory relief