Help Stop the Spread of Measles

VACCINATE

Vaccinate your children with the MMR vaccine. It is safe and effective in protecting against measles.

Make sure you and the adult members of your family have been adequately protected against measles. Almost everyone who has not already had measles OR the MMR vaccine will get measles if they are exposed to the virus. If you are not sure if you are protected against measles, talk to your medical provider.

PRACTICE RESPIRATORY ETIQUETTE

Measles is a viral respiratory infection. Make measles transmission less likely by:

- Avoiding touching your eyes, nose, or mouth with your hands.
- Covering your mouth and nose with a tissue when coughing or sneezing.
- Disposing of used tissues immediately in a waste receptacle.
- Coughing or sneezing into your upper arm or elbow, but not into your hand, if a tissue is not available.
- Disinfecting your hands by washing with soap and water, an alcohol-based hand sanitizer, or an antiseptic hand wash.

STAY AWAY

Avoid close contact with persons who are sick. Do not share eating utensils, water bottles, or other items that could be contaminated.

Do not go to school, work, or public places while you are sick. This is especially true if you have respiratory symptoms (cough, sneezing, runny nose), bloodshot eyes, fever, and rash. If you are unsure if you need to stay home, contact your medical provider for advice.