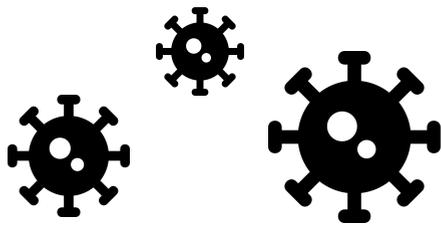




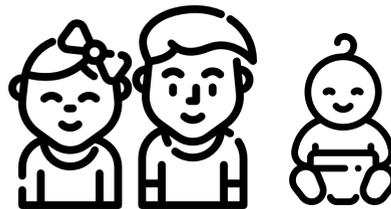
# Measles (Rubeola)

## Fact Sheet

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Measles is a highly contagious respiratory disease caused by a virus. The disease is also called rubeola. Measles spreads from person-to-person by coughing and sneezing.



Anyone can get sick with measles. However, very few people with two doses of measles vaccine will still get measles if exposed. Measles is especially dangerous for babies and young children.

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## Signs and Symptoms



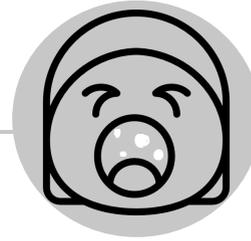
Rash



High Fever



Cough



Tiny White Spots Inside the Mouth

The rash usually starts on a person's face at the hairline. It then spreads down to the neck, trunk, arms, legs, and feet. When the rash begins, a person's fever may spike to more than 104 degrees Fahrenheit. A runny nose and red, watery eyes are also symptoms.

Symptoms usually appear 7 to 14 days after exposure. 2 to 3 days after symptoms start, tiny white spots may appear inside the mouth.

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Talk to your health care provider if you think you have measles. They may take swabs from your nose and throat to test for measles. Your health care provider may also take a blood sample. There is no treatment for measles.

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# Health care, School, and Childcare Settings



People who work in health care should have documented immunity to measles. This should either be through vaccination or laboratory testing.



Children and adults with symptoms should not attend child care, school, or work the day the rash begins and for the following four days after.

Anyone suspected to have measles should not attend child care, school, or work while the diagnosis is being considered.



Potentially exposed individuals who are not vaccinated may have to stay home for an extended period.

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## Prevention



- The best way to reduce the risk of getting measles is to get vaccinated (usually called MMR). The measles vaccine is very effective.
- Talk with your health care provider to make sure you are up-to-date.

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## For More Information, Visit:



1. [www.maine.gov/dhhs/measles](http://www.maine.gov/dhhs/measles)
2. [www.cdc.gov/measles](http://www.cdc.gov/measles)

You can also call Maine CDC at 1-800-821-5821.