

Measles Outbreak Info for Families



What is measles?

Measles is a very contagious disease caused by the measles virus. Measles begins with a high fever, cough, runny nose, and red, watery eyes. After three to five days, a rash starts at the face and spreads to other parts of the body.



Measles is spread through the air from sick people who cough, sneeze, or talk.

The measles virus can live in the air for up to two hours, even after the sick person has left the area.

Help us stop the spread of measles!

- 1 Check to make sure you and your family members have received measles, mumps, and rubella vaccine. On immunization records these vaccines are sometimes abbreviated as MMR or MMRV.
- 2 If you or any of your family members haven't received measles, mumps, and rubella vaccine, contact a trusted healthcare provider to get vaccinated. If you don't have one, you can contact your local health department or check with a local pharmacy.
- 3 Stay away from people who are sick.
- 4 Wash your hands often with soap and water.
- 5 Keep sick family members at home.



MMR vaccination is required for preschool, school, and child care.

Children in preschool or child care need one dose of MMR vaccine by 16 months of age.

Children in kindergarten through 12th grade need two doses of MMR vaccine.

Schools or child cares with measles cases may exclude children from attending if they aren't up to date on the MMR vaccine or are unable to receive a MMR vaccine.

Visit <https://doh.wa.gov/you-and-your-family/illness-and-disease-z/measles> for more information!