

# UNDERSTANDING MEASLES: PREVENTION AND AWARENESS



## What is Measles?

A highly contagious virus that causes a serious disease, especially in children.

## Transmission

Measles spreads through respiratory droplets from coughing or sneezing. The Virus can stay in the air for up to two hours after an infected person leaves an area.

## Think you've been exposed or have symptoms?

- Call the clinic or ER before arriving to get instructions.
- You may be asked to stay in your vehicle to help protect other patients.
- Limit contact with others, especially infants, pregnant women, and those with weakened immune systems.
- Watch for symptoms like high fever, cough, runny nose, red eyes, and rash.
- Avoid public places until you've been cleared by a healthcare provider.

## Vaccination

Talk to your healthcare provider about the MMR Vaccine.

- First dose at 12-15 months
- Second dose 4-6 Years

## Symptoms?

- High Fever
- Cough
- Runny Nose
- Red, Watery Eyes
- Rash

