



MARYLAND Department of Health

Instructions for People Who Might Have Been Exposed to Measles

This is what you need to know about measles:

- Measles is spread through respiratory secretions and by breathing the same air as a person with measles.
- Measles is very contagious. People with measles are contagious from four days before they get a rash until the fifth day after the rash starts.
- The first symptoms of measles are fever followed by cough, runny nose and red, watery eyes.
- Later symptoms are a rising fever and a rash all over the body.
- Measles can cause other more serious health problems as well.

This is what you should do:

- If you are healthy and know you have had 2 doses of MMR vaccine, you do not need to take any additional actions.
- If your immune system is currently weakened by disease or medications you take, call your doctor right away and tell them you might have been exposed to measles. Even if you have received 2 doses of MMR vaccine, you might need an additional medication called “Immune Globulin”.
- If you know you have NOT received 2 doses of MMR vaccine, or if you aren’t sure whether or not you have received 2 doses of MMR vaccine, call your doctor right away to determine what to do next. You might need a dose of MMR vaccine or a medication called “Immune Globulin”.
- Monitor for possible symptoms of measles, such as fever, cough, runny nose, red eyes, and rash. If you develop any of these symptoms, stay home and check in with your doctor. Call ahead to tell the doctor’s office that you might have measles so they can make special arrangements to evaluate you, if needed, without putting other patients and medical office staff at risk.