

## Measles Information

Measles is a highly contagious disease that can cause fever, rash, and, in some cases, serious complications. The majority of measles cases occur in unvaccinated children. Fortunately, measles is a vaccine-preventable illness.

### What Are the Symptoms of Measles?

Symptoms typically appear 8–12 days after exposure and may include:

- High fever, cough, runny nose, and red, watery eyes
- A rash that begins on the face and spreads downward (usually appears 3–5 days after the initial symptoms)
- Small white spots inside the mouth (known as Koplik spots)
- Diarrhea
- Ear infections

### How Does Measles Spread?

Measles spreads easily through the air when an infected person coughs or sneezes. It can also spread through direct contact with respiratory droplets.

### How Can You Prevent Measles?

Vaccination is the most effective way to protect against measles. Children should receive **two doses of the MMR (measles, mumps, and rubella) vaccine**. Please review your child's immunization records to ensure they are up to date.

If you need help locating immunization records, contact your child's healthcare provider or the **Nursing Division at the Health Department at (574) 523-2127**.

### What Happens During a School Outbreak?

In the event of a measles outbreak at your child's school, students who have not received both doses of the MMR vaccine may be required to stay home for at least **21 days** to reduce the risk of infection.

For more information, please contact your **school nurse**, your **primary medical doctor (PMD)**, or the **Elkhart County Health Department (ECHD)**.