

Measles



What does measles look like?

- **First Signs:**
 - Runny nose
 - Cough
 - Red, watery eyes
 - Fever (Up to 104°)
- **2-3 Days After First Sign Appears:**
 - White spots appear in the mouth
- **3-5 Days After First Sign Appears:**
 - Small, raised bumps atop red spots



How is measles spread?

- Someone with measles coughs or sneezes onto a healthy person.
- Someone with measles touches a surface, then a healthy person touches that same surface.
- **Did you know? Measles can live in the air or on a surface for up to 2 hours.**



How can the spread of measles be prevented?

- Two doses of the MMR vaccine are **97% effective against measles.**
- One dose of the MMR vaccine is **93% effective against measles.**
- Wash hands often with soap and warm water.
- Limit contact with anyone who is suspected to have measles.
- Know what measles looks like. Contact your doctor immediately if you think you may have measles.



How do I know if I am up to date on my measles vaccine?

- People who got their measles vaccine between 1963-1967 may need another dose for immunity.
- To see if you are “up to date” on your MMR vaccination, contact your doctor.
- To check your vaccination history, use the public portal of CIIS at: copublicportal.state.co.us

