

Measles Facts

“Rubeola”

What is measles?

Measles is a serious respiratory disease that causes a rash and fever. The measles virus is very contagious. It can have serious complications and in rare cases, it can be deadly.

Measles spreads easily

- Measles is highly contagious. It spreads when a person with the virus breathes out, coughs, or sneezes. It can also be spread by direct contact with the nose or throat mucus (snot) of someone with measles. Anyone who is not vaccinated is much more likely to get measles.
- People can spread measles four days before the rash appears and up to four days after. The virus can stay in a room for up to two hours after an infected person has left.



If you think you have measles

Call your healthcare provider before visiting.

Stay away from other people to avoid exposing them.

How is measles prevented?

The best way to prevent measles is to get vaccinated. Doctors recommend that all children get the MMR shot.

Measles symptoms

- Fever
- Cough
- Runny nose
- Red, watery eyes
- A red rash that starts on the face and spreads to the rest of the body

Symptoms usually develop within one to two weeks. In rare cases, it can take up to four weeks for symptoms to appear.

Who to call

If you have general questions about measles, you can call 2-1-1 from 9 a.m. to 5 p.m, daily. If you think you were exposed to measles, you can call Deschutes County at (541) 322-7418

The Measles, Mumps, Rubella (MMR) vaccine is safe and effective at preventing measles. It also protects against mumps and rubella. Parents/guardians seeking immunizations for their children should contact their health care provider, a School Based Health Center (SBHC), your local pharmacy (for those 7 and older), or Deschutes County Health Services (541-322-7499) to make an appointment.

You are considered protected from measles if:

- You were born before 1957
- A physician diagnosed you with measles in the past
- A blood test proves you are immune
- You have been fully vaccinated against measles (one dose for children 12 mo. – 3 years old, two doses in anyone 4 and older).



Public Health

www.deschutes.org/measles

To request this information in an alternate format, please call (department or program phone number) or send an email to accessibility@deschutes.org.