

FAQ Measles (Rubeola)

What is Measles?

Measles is a very contagious virus that causes a fever and a rash. It was eliminated in the United States but can still come back if people who are not vaccinated travel and bring it back.



Longevity

After you are exposed to the virus, it usually takes 11-12 days for symptoms to show up. The rash appears 2-4 days after the first symptoms and lasts about 5-6 days. You can spread measles 4 days before and 4 days after the rash appears.

Symptoms

- Early Symptoms: Fever, cough, runny nose, red eyes, and tiny white spots inside the mouth.
- Rash: A red, bumpy rash starts on the head and face and spreads to the rest of the body. Fever may get very high when the rash appears.

Preventive Care

- Vaccination: The best way to prevent measles is to get vaccinated. The measles vaccine is safe and effective.
- Avoid Exposure: Stay away from people who have measles, especially if you are not vaccinated.
- Good Hygiene: Wash your hands regularly and avoid touching your face.

Protection

- Vaccination Records: Check your vaccination records to see if you have received the measles vaccine. If you have had two doses of the vaccine, you are considered protected.
- Blood Test: If you are unsure about your vaccination status, you can ask your healthcare provider for a blood test to check for immunity.

Consult a Doctor

If you are unsure whether you are protected against measles, contact your healthcare provider for advice.

Suspected Contraction

Wear a mask and contact your healthcare provider for additional guidance.

Learn More At: [Measles \(Rubeola\) \(https://www.cdc.gov/measles/\)](https://www.cdc.gov/measles/)