Actions After a Possible Measles Exposure

Use these steps from the article to respond to a measles exposure and to spot the signs that need urgent care.

- [ ] Call the doctor or clinic before any visit in person after a measles exposure.
- [ ] Check vaccination records for 2 documented MMR doses.
- [ ] Ask the clinician about MMR within 72 hours or immune globulin within 6 days of exposure.
- [ ] Watch for fever, cough, runny nose and red eyes for 7 to 14 days after exposure.
- [ ] Look for a rash that starts at the hairline 3 to 5 days after the first symptoms.
- [ ] Stay away from nursery, school or work for at least 4 days from when the rash appears.
- [ ] Seek urgent advice for a baby with suspected measles who feeds poorly or has fewer wet nappies.
- [ ] Call emergency services for a seizure, severe breathing difficulty or sudden confusion.
- [ ] Discuss MMR vaccine decisions with a clinician who knows the person's history.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/diseases/measles-symptoms/