



Measles

Your child may have been exposed to measles. Measles is a serious rash illness that may be prevented by vaccination.

If you think your child has measles:

- Tell your childcare provider or call the school.
- **Keep your child home from childcare and school** until 4 days after the rash started.
- A child with measles should not attend any activities during this time period.
- If a case of measles occurs in your child's childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.
- Additional information about measles can be found at [Measles - MN Dept. of Health](#)

Parent/Guardian information

Symptoms

Your child may have a high fever, red watery eyes, a runny nose, and a cough. A rash appears on the second to fourth day of illness. The rash may appear red and flat. It usually begins on the face (in the hairline) and then spreads down the body, arms, and legs. The rash may eventually cover the entire body. Rash may last for 7 days.

If your child has been infected, it may take 8 to 12 days for symptoms to start.

Spread

- By coughing and sneezing.
- By breathing measles virus floating in the air.
- By touching contaminated objects or surfaces.

Contagious period

From 4 days before to 4 days after the rash starts.

Call your health care provider

If anyone in your home:

Measles

- Was exposed to measles and has not had measles disease or measles vaccine in the past.
- Develops cold-like symptoms with a fever and/or rash. **Do not go to a health care facility without first calling your clinic.** Your child will be kept separate from others to prevent further spread. A lab test may be done.

Prevention

- In Minnesota, all children 15 months of age or older attending childcare or school must be vaccinated against measles or have a legal exemption. Two doses or a legal exemption are required for kindergarten and seventh grade enrollment.
- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.

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