

Your child may have been exposed to:

Measles

Measles is a serious viral illness that may be prevented by vaccination.

If you think your child has Measles:

- Tell your childcare provider or call the school.
- **Need to stay home?**

Childcare and School:

Yes, until 4 days after the rash begins.

A child with measles should not attend any activities during this time period.

If a case of measles occurs in your childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.

Symptoms

Your child may have a high fever, watery eyes, a runny nose, and a cough.

A rash appears between day 3 to day 7 of illness. This rash will appear red and blotchy and last up to 7 days. It usually begins on the face (in the hairline) and then spreads down so it may eventually cover the entire body.

If your child has been infected, it may take 8 to 18 days for symptoms to start.

Spread

- By coughing and sneezing.
- By touching contaminated objects or surfaces.

Contagious Period

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

Call your Healthcare Provider

If anyone in your home:

- ◆ was exposed to measles and has not had measles or measles vaccine in the past.
- ◆ develops cold-like symptoms with a fever and/or a rash. Keep them at home. **DO NOT go to a healthcare facility without calling first.** Your child will be kept separate from others to prevent further spread. A blood 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.
- 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 anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.

FOR MORE INFORMATION

Kentucky Department for Public Health Frankfort, KY
Kentucky Regional Poison Center Louisville, KY

Lake Cumberland District Health Department Somerset, KY

The Centers for Disease Control and Prevention (CDC) Atlanta, GA
Prepared by Hennepin County Human Services and Public Health Department (HSPHD)

<http://chfs.ky.gov/dph/>

EMERGENCY: 1-800-222-1222

www.lcdhd.org (606) 678-4761

Toll free: 1-800-311-3435 www.cdc.gov
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