

# Measles Alert

## What is measles, and how does it spread?

- Measles is a very contagious disease caused by a virus. It can lead to hospitalization.
- Measles spreads through the air when someone who has it breathes, coughs, or sneezes.
- You can get measles just by being in the same room as an infected person.

## What is my risk of developing measles?

- If you have never had the disease or received the measles vaccines (MMR or measles-mumps-rubella vaccine) you are at risk of developing measles.
- Those who are pregnant or immunocompromised have a higher risk of severe illness if they get measles.

### What should I do?

#### Check your immunization status



- The MMR vaccine is very good at preventing measles and is the best way to protect yourself from measles.
- If you are not sure if you have had the measles vaccine, contact your doctor or clinic. You can also access/request your immunization record by visiting Find My Immunization Record ([www.health.state.mn.us/people/immunize/miic/records.html](http://www.health.state.mn.us/people/immunize/miic/records.html)).

#### Watch for symptoms

- Fever, rash, cough, runny nose, and red eyes.
- If you develop these symptoms call your doctor right away.
- We are seeing an increase in measles cases in Minnesota, the United States, and in other countries.
- Watch for symptoms of measles when you travel, especially if you are not vaccinated or immune to measles.

For more information visit our website at Measles (Rubeola) Basics ([www.health.state.mn.us/diseases/measles/basics.html](http://www.health.state.mn.us/diseases/measles/basics.html))

