

MEASLES



is one of the **world's most contagious** infections.

Children who are **not vaccinated** are at **high risk**.

MEASLES SYMPTOMS:

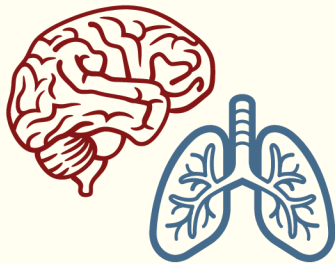
- High fever (up to 104°F)
- Runny nose
- Cough
- Red, watery eyes
- Rash (3-5 days after symptoms begin)

An infected person can spread measles **even before they have a rash**.

Measles stays in the air for up to **two hours**, *even after the sick person leaves the space*. It is so contagious that **90% of unvaccinated people** exposed to the virus **will get sick** with measles.

**NOT JUST
A RASH.**

MEASLES
**CAN BE
SERIOUS.**



Measles can cause **severe** complications, like pneumonia or brain swelling.



1 out of every 4 people who get measles will be **hospitalized**.



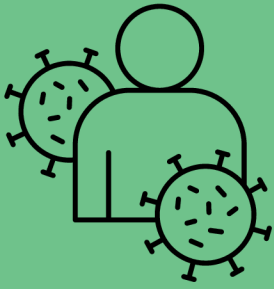
1-3 out of every 1,000 children infected with measles will **die**, *even with the best care*.

HOW CAN I PROTECT MY CHILD?

Don't wait – vaccinate! To prevent measles, children should receive their first dose of the measles, mumps, and rubella (MMR) vaccine from their medical provider at age one, followed by a second dose as soon as one month later.

Don't have a medical provider? Black Hawk County Public Health offers the MMR vaccine at no cost to all individuals. Call (319) 291-2413 to schedule an appointment.

WHAT IF THERE IS MEASLES AT MY CHILDCARE?



STEP 1

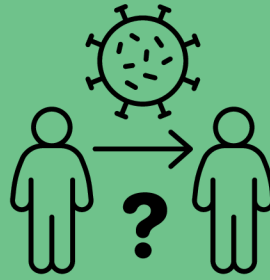
When a child or staff member has measles, they must ***immediately* stop attending childcare.**

This helps prevent the virus from spreading.



STEP 2

All **unvaccinated** children and staff members must also **stop attending childcare.**



STEP 3

The local public health department will work to identify children who were exposed to measles.



STEP 4

The local public health department will notify the children's families of the exposure.

WHAT IF MY CHILD WAS EXPOSED TO MEASLES?



If your child has evidence of immunity*, they can attend childcare. You must monitor them for symptoms of measles for 21 days and immediately notify the local public health department if your child develops symptoms.



If your child does not have evidence of immunity*, public health will contact you and explain what to do next. This might include getting post-exposure prophylaxis (PEP), watching for symptoms, or a 21-day quarantine – depending on your exposure and health status.

**Evidence of immunity to measles means your child has: written documentation of having received one or more doses of the MMR vaccine on or after age one, laboratory evidence of immunity (also known as a measles titer), or laboratory confirmation of having previously been infected with measles.*

WHAT IF I THINK MY CHILD HAS MEASLES?

If your child has symptoms of measles, you should immediately contact their medical provider – *before showing up at the clinic* – to discuss their symptoms and any possible exposure.

Do not go to a clinic or emergency room without calling first. They may give you special instructions to prevent measles from spreading to others in the clinic or emergency room.

Children with measles can return to childcare only after the following criteria have been met:

- At least four days have passed since their rash began.
- They have been fever-free for at least 24 hours without fever-reducing medication.
- The child is able to participate in normal childcare activities.
- Staff members have determined they can care for the child without compromising the health and safety of other children in the group.