

FREQUENTLY ASKED QUESTIONS ABOUT MEASLES

What are measles?

- Measles is a highly contagious disease that is caused by the measles virus

How soon do symptoms begin?

- Symptoms usually appear about 10 days after exposure with a range of 7-21 days

What are the symptoms of measles?

- Mild to moderate fever, runny nose, red eyes, and cough
- A few days later, a rash appears starting on the face spreading to the rest of the body accompanied by a fever
- Symptoms can range from mild to severe depending on the individual

Are certain individuals at higher risk?

- Measles can lead to pneumonia and other complications especially in young children and adults over 20
- Measles can cause serious problems in pregnant women and those with weakened immune systems

How long can an individual spread the virus?

- Measles can spread the virus up to four days before the onset of the rash and until four days after the rash starts

How are measles spread?

- Measles is passed from person-to-person by airborne droplets through coughing or sneezing
- Measles can also be spread by contact with nose or throat secretions from an ill person or touching contaminated surfaces

How do you prevent measles?

- Measles can be prevented with the measles vaccine (MMR)
- Stay home if you think you have the measles, call your primary care provider
- Good hand hygiene and respiratory etiquette

When is the measles vaccine given?

- Recommended for all children at 12 to 15 months of age and again at 4 to 6 years of age

Do I need a booster vaccine?

- No

How effective is the measles vaccine?

- One dose of measles vaccine is about 93% effective at preventing measles
- Two doses of measles vaccine are about 97% effective at preventing measles



How do I know if I am protected against the measles?

- Individuals are protected if they are immunized with two doses of the measles-containing vaccine after their first birthday
- Or if they were born during or before 1957
- Or have documentation of disease

How can I obtain my immunization record?

- www.tulsa-health.org/shotrecords
- Private health care provider or school

Is there a treatment for measles?

- No, but health care providers may treat the symptoms with bed rest, plenty of fluids, and anti-fever medications

Is the MMR vaccine safe?

- Yes, but like other medicines, it can cause side effects in some individuals
- Contact your health care provider for more information about the vaccine and your specific health history

I am unsure of my vaccine history, what should I do?

- If you do not have documentation, you should get vaccinated with the MMR vaccine

Is there harm in getting another dose of MMR vaccine if you may already be vaccinated or immune?

- No

Can I get a MMR vaccine at the Tulsa Health Department?

- Yes, the Tulsa Health Department will be offering a measles clinic to provide free MMR immunizations at the James O. Goodwin Health Center (5051 S. 129th E. Ave.) today, April 5 from 3pm-6pm and Friday, April 6 from 8am-5pm

I think I have the measles, what should I do?

- Immediately contact your doctor and let them know about your symptoms

Can I still get measles if I am fully vaccinated?

- Yes but very few people do, only about 3 out of 100 who get the two doses of the MMR vaccine will still get measles if they are exposed

Why do we still have measles cases in the United States?

- Travel to and from countries where the disease still occurs
- Pockets of communities/individuals who are unvaccinated



Have I been exposed?

- If you were at Southern Hills Country Club on Friday, March 30 from 10am-1:30pm
 - Yes
- If you were at Church of Saint Mary on Friday, March 30 from 12:30pm-3:00pm
 - Yes
- If you were at Church of Saint Mary on Sunday, April 1 from 10am-2pm
 - Yes
- If you were at Prairie Fire Pie on Friday, March 30 from 5:30pm-8:30pm
 - Yes
- If you were at Tulsa International Airport on Sunday, April 1 from 6pm-8:30pm (Specific areas include the United and American Airlines desks in the lower level ticketing area)
 - Yes
- If you were at Whole Foods on 41st Street on Sunday, April 1 from 6:30-9:30pm
 - Yes
- If you were at the William Building on Monday, April 2 from 9am-5pm
 - Yes
- If you were at the Boston Deli on 61st Street on Monday, April 2 from 12pm-2pm
 - Yes
- If you were at the Laureate Institute for Brain Research on Monday, April 2 from 3pm-7:30pm
 - Yes
- If you were at the Walgreens at 6040 S. Yale Ave. on Monday, April 2 from 5pm-8pm
 - Yes
- If you were at the Warren Clinic Tower on Tuesday, April 3 from 11:30am-3:30pm (Specific areas include elevator, waiting room, X-ray and laboratory collection services)
 - Yes

I have been exposed, what should I do?

- Check your vaccine history
 - If you have two doses of MMR, the vaccine is not recommended
 - If you were born before in 1957 or have documentation of the disease, the vaccine is not recommended
 - If you are uncertain of your vaccine history, it is recommended that you receive the vaccine
 - If you have not received both doses of MMR vaccine, it is recommended that you receive the vaccine
 - MMR vaccine can reduce the risk of disease if administered within 72 hours of exposure
 - If an infant under 12 months was exposed, contact your primary care provider for recommendations
 - If you are significantly immunocompromised, contact your primary care provider for recommendations
 - If you are pregnant, contact your primary care provider for recommendations

