

# FIGHT MEASLES

## It starts with you



Measles causes rash and fever. It is easy to spread and can cause serious illness, especially in young children. People who are not protected can get measles by going into a room where a person with measles has been, even up to 2 hours after that person has left.



### Stay home if you are sick

Measles is very easy to spread. Stay home and away from other people in the house. Do not go to school, work, or travel until 5 days after the rash appears.



### Wash your hands

Wash your hands thoroughly and often with soap and warm water.



### Get Vaccinated

The measles-mumps-rubella (MMR) vaccine provides the best protection against this disease.

### Symptoms of MEASLES infection

- High Fever
- Cough
- Runny nose
- Red, watery eyes
- Rash



### Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissues in the waste basket and wash your hands.

**Wear a Mask upon entering Healthcare Facility**



### Been in contact with someone who has Measles?

### Call your doctor right away

Vaccine or a medicine called immune globulin given soon after contact may provide some protection against measles.

### Disease

### Transmission:

**AIRBORNE**



For more information visit:  
[health.hawaii.gov/docd/disease\\_listing/measles/](http://health.hawaii.gov/docd/disease_listing/measles/)