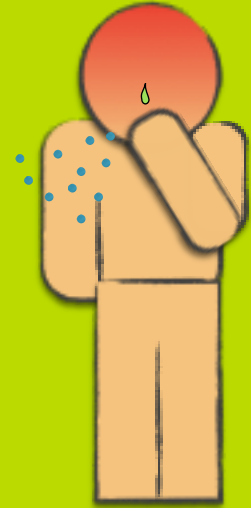


# WHAT IOWANS SHOULD KNOW ABOUT MEASLES

## INITIAL SYMPTOMS

7-21 DAYS POST EXPOSURE

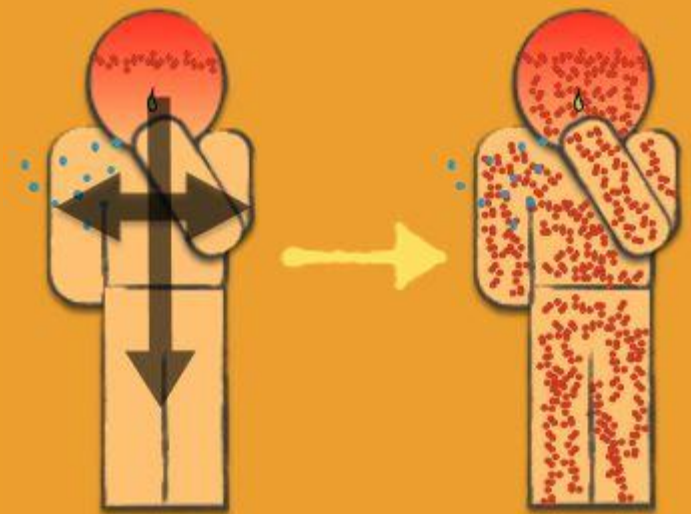
- HIGH FEVER (MAY SPIKE TO  $> 104^{\circ}$  F)
- COUGH
- RED EYES
- RUNNY NOSE
- SMALL BLUISH SPOTS SURROUNDED BY A RED REGION ON THE INSIDE OF CHEEK



## RASH

3-5 DAYS AFTER FEVER ONSET

A RED, BLOTCHY RASH BEGINS ON THE FACE AT THE HAIRLINE AND PROGRESSES DOWNWARD AND OUTWARD TOWARDS THE HANDS AND FEET.



## TRAVEL

21 DAYS BEFORE ONSET

HAVE YOU TRAVELED ANYWHERE IN THE LAST 21 DAYS WHERE MEASLES CASES HAVE BEEN REPORTED (LIKE MINNESOTA OR NEBRASKA)? HAVE YOU HAD CONTACT WITH SOMEONE WHO HAS MEASLES?

## MMR VACCINATION

THE BEST WAY TO PREVENT MEASLES IS TO GET VACCINATED

- 1 DOSE IS **93% - 95%** EFFECTIVE AGAINST MEASLES
- 2 DOSES ARE **97% - 99%** EFFECTIVE AGAINST MEASLES

## WHAT TO DO IF YOU THINK YOU MIGHT HAVE MEASLES

- CALL YOUR HEALTH CARE PROVIDER AND TELL THEM YOU MAY HAVE MEASLES. THEY WILL GIVE YOU INSTRUCTIONS ON HOW TO BE SEEN SAFELY.
  - YOU SHOULD NOT SIT IN THE WAITING ROOM OR COME THROUGH THE MAIN ENTRANCE BECAUSE IF YOU DO HAVE MEASLES ANYONE IN THAT AREA WHO IS NOT VACCINATED (LIKE BABIES) WILL GET SICK.
- STAY HOME UNTIL YOU SEE YOUR HEALTH CARE PROVIDER

If you have questions about measles, call your local public health department or the Iowa Department of Public Health at 1-800-362-2736

Created 5/5/17

