



Important Measles Information for Families

Key Points:

- Measles spreads very easily, especially in schools and childcare settings.
- The MMR vaccine (Measles, Mumps, Rubella) is the best way to prevent the spread of measles and to keep your child and others from getting sick.
- Students who are not vaccinated and are exposed to measles will need to stay out of school or childcare for at least 21 days.
- Please check your child's vaccination record and get vaccinated if needed.
- If your child has measles-like symptoms or a known measles exposure, keep them home and follow the guidance below.



What is Measles?

Measles is a serious illness caused by a virus. It often starts with:

- Fever
- Cough
- Runny nose
- Red eyes

A rash usually appears a few days later. The rash often starts on the face and spreads to the rest of the body.

Measles spreads through the air when a sick person coughs, sneezes, or breathes. Measles can cause serious health problems or death. Getting vaccinated is the best way to prevent measles.

When to Keep Your Child Home

Please keep your child home from school or childcare if:

- They have symptoms like fever, cough, runny nose, red eyes, or a rash.
- They were exposed to measles in the past 21 days, even if they feel mostly well.

Keeping sick children home helps protect other students and staff.

When to Call a Doctor First

To protect others from getting sick:

- **Do not go to a doctor's office, urgent care, or emergency room without calling first** if your child:
 - Has a rash that could be measles, or
 - Was exposed to measles in the past 21 days and has any symptoms.
- Call your healthcare provider or urgent care clinic before going in. They will tell you how to come in safely and help prevent spreading measles to others.

Measles Vaccine (MMR)

Two doses of MMR vaccine give the best protection against measles.

- Most people get their first MMR vaccine when they are a baby.
- The second dose is usually given at ages 4-6, before starting school.

During a measles outbreak, children who are not vaccinated and are exposed to measles will need to stay home for 21 days or longer.

Check your child's vaccination record to make sure they have had two MMR doses. Your school, healthcare provider, or local health department can help you find records or schedule a vaccine.

Where to Get the MMR Vaccine

- Your regular doctor or clinic
- Retail pharmacies can vaccinate children 7 years and older
- School-Based Health Centers
 - Lincoln Health Center: (541) 766-3546
 - Monroe Health Center: (541) 766-6000
- Benton County Health Department: (541) 766-6835

Learn More

Visit the [CDC Measles Vaccination](#) website for more information.