

Instructions for People Exposed to Measles Who Are Immune

You were exposed to someone who has measles. Because you have evidence of immunity to measles, you are probably protected against measles. However, there is a chance that you may still get sick. If you do get measles, your symptoms will probably be **less severe**, but you could make someone else sick.

What you need to know:

- Measles is a very contagious virus. It spreads through the air when an infected person coughs or sneezes.
- Symptoms usually start 7 to 21 days after being exposed. They can include fever, cough, runny nose, watery eyes, and then a rash that spreads all over the body.
- A person with measles can spread it to others **from 4 days before the rash begins through 4 days after the rash begins**. The day the rash starts is day 0.
- Measles can cause other health problems. They include ear infection, diarrhea, pneumonia, pregnancy loss, brain swelling and hospitalization. Measles can even cause death.

What you should do:

- Watch your health for measles symptoms **for 21 days** after your last exposure.
- You may continue to go to school, work and/or other regular activities unless you get sick with measles symptoms as described above.
- **If you do develop a fever or symptoms you need to:**
 - **Stay home** and do not go to work, school or public places until your doctor says it is safe.
 - Especially stay away from unvaccinated infants, pregnant people, and people with weak immune systems.
 - If you need to see a doctor, **call before you go so the office can prepare and protect others**.
 - Call your doctor and local health department to tell them that you were exposed to measles and feel sick. Erie County residents should call the **Erie County Department of Health (ECDOH) Office of Epidemiology and Disease Surveillance at (716) 858-7697**.

Date of your most recent measles exposure: _____

Last day to watch for symptoms from your most recent exposure: _____

Example: If you were last exposed on 5/28/2026, your last day to watch for symptoms is 6/18/2026.

If you have questions about this information, please contact your healthcare provider or the ECDOH Office of Epidemiology and Disease Surveillance, at (716) 858-7697.

Resources:

[Erie County Department of Health Measles Information: erie.gov/measles](https://erie.gov/measles)

[New York State Department of Health Measles Information:](https://www.health.ny.gov/diseases/communicable/measles/)

<https://www.health.ny.gov/diseases/communicable/measles/>