

## Instructions for People Exposed to Measles Who Are NOT Immune and Did Not Get Treatment After Exposure

You were exposed to someone who has measles. Because you are not immune and did not get a measles, mumps, rubella (MMR) vaccine within 72 hours of the exposure, you may get sick and spread it to other people.

### 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 and **stay home, away from others, for 21 days** after your last exposure.
  - Especially stay away from unvaccinated infants, pregnant people, and people with weak immune systems.
- **If you 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.
  - 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**.
- Talk to your doctor about getting the MMR vaccine to prevent you from getting sick in the future.

Date of your most recent measles exposure: \_\_\_\_\_

If you do not get sick, you may go to school, work and other public places beginning: \_\_\_\_\_  
This date is 21 days after 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. You may resume normal activities (if not ill) on 6/19/2026.*

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/>