

Instructions for People Exposed to Measles Who Are Not Immune and Received Immune Globulin

You were exposed to someone who has measles. You received immune globulin to protect you from getting measles. This medicine lowers your chance of getting sick. However, there is still a chance you can get measles. If you do get measles, your symptoms will probably be **less severe**, but you could make someone else sick.

What you need to know about measles:

- 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 need to know about immune globulin:

- It is a medicine that helps the body fight infections like measles. It is given to people who may get especially sick from measles.
- Immune globulin works best within 6 days of being exposed. It lowers your chance of getting sick, but you can still get measles and spread it to others. People can spread measles to others before the rash begins.
- If you do get measles, the immune globulin may make your symptoms less severe.
- Immune globulin can slow down the time it takes to get measles. There is a chance that **symptoms could start up to 28 days after you were exposed.**

What you should do:

- Watch your health for measles symptoms and **stay home, away from others, for 28 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.**
 - Tell your provider you received immune globulin, including the date and type you received (intramuscular or intravenous).

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 28 days after your most recent exposure.

Example: If you were last exposed on 5/28/2026, your last day to watch for symptoms is 6/25/2026. You may resume normal activities on 6/26/2026 if you are not sick.

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](http://erie.gov/measles): erie.gov/measles

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

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