

# PROTECT YOUR FAMILY FROM MEASLES

## Know the Symptoms

- High Fever (may spike over 104°F)
- Cough
- Runny Nose
- Red, Watery Eyes
- Rash that starts on the face and spreads



## What to do if exposed?

- Stay At Home
- Call your healthcare provider before seeking care or visiting any facility
- Monitor for symptoms
- Visit our website for more information
- [www.portagehealth.net/measles](http://www.portagehealth.net/measles)

## How Measles Spreads

- One person with measles can infect 18-20 unvaccinated people
- Virus can linger in the air or on surfaces for up to two hours
- 90% of unvaccinated people exposed will become infected
- Measles is spread:
  - By coughing
  - By saliva
  - By airborne droplets
  - By touching contaminated surfaces
  - By skin -to- skin contact

## Prevention & Protection

- Get Vaccinated! The MMR vaccine is safe and effective.
- The CDC recommends:
  - First dose 12-15 months (93% protection)
  - Second dose 4-6 years (97% protection)
- Even if exposed, getting the MMR (Measles, Mumps, Rubella) vaccine within 72 hours may reduce symptoms and severity
- PCHD will contact you directly if you were potentially exposed



Portage County Health District Offers  
MMR vaccinations at our clinic:

999 East Main Street, Ravenna, Ohio  
Wednesdays: 8:30 am -4:00 pm

Call 330-296-9919 to check vaccination status or schedule an appointment!