SIGNS & SYMPTOMS
The symptoms of measles generally appear about 7-21 days after a person is infected. Measles typically begins with high fever, cough, runny nose (corzya, red, watery eyes (conjunctivitis), and tiny, white spots inside the mouth (Koplik spots).

3-5 days after symptoms begin, a red, raised rash will appear on the face at the hairline and spread downward throughout the body. A person is considered contagious 4 days before & after the rash appears.

RECOMMENDATIONS FOR FACULTY & STAFF
"What should I do if I think I've been exposed to Measles?"

DETERMINE IF YOU ARE ALREADY IMMUNIZED
You’re immunized if you have had two doses of the MMR vaccine after age 1, or a positive titer. If you don't have either of these, please consult with your medical provider. Adults who do not have evidence of immunity should get at least one dose of MMR vaccine.

HOW DO PEOPLE GET MEASLES?
Measles is spread from person to person. When an infected person coughs or sneezes, the virus is released into the air and may enter another person’s body through the nose, mouth or throat. Measles may be transmitted from 4 days before through 4 days after rash onset.

PRACTICE HEALTHY HABITS
Cover your mouth and nose with a tissue when you cough or sneeze, and put your used tissue in the trash can. Wash your hands often with soap and water. Disinfecting frequently touched surfaces with standard household disinfectant will readily kill the measles virus.

IF DIAGNOSED, PLEASE CONSIDER STAYING HOME
There is no specific treatment for Measles. If you have symptoms, consult with your supervisor and consider staying at home, drink plenty of fluids, and take a fever reducer (such as Tylenol).

IF YOU HAVE QUESTIONS
Faculty and staff with additional questions and concerns should contact their medical provider. If you are experiencing measles signs and symptoms and visited one of the identified exposed locations, please contact the Workers’ Compensation office in Human Resources at wcdm@uci.edu.
For more information about measles and the vaccines, please refer to the resources below:
- call the Orange County Health Care Agency at 1(800)-564-8448
- ochealthinfo.com/phs/about/dcepi/epi/dip/prevention/measles
- cdc.gov/measles

NOTE: This advisory will be updated as new information becomes available. Please check back periodically. Health information courtesy CDC.gov

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