



Measles Alert

You may have been exposed to a confirmed case of measles on **Thursday, May 11, 2017, if you visited:**

- **The MIT Museum from 11:30 a.m. – 3:30 p.m.**
- **Café Spice from 1:30 p.m. – 5 p.m.**

Measles looks and feels like a cold at first. A cough, high fever, runny nose, and red, watery eyes are common. These symptoms start about ten days after infection. A few days later, a red blotchy rash starts on the face first and then spreads to the rest of the body.

If you develop symptoms of measles, please stay home and call your health care provider.

NOTE: Before going to your health care provider, make sure they know in advance that you may have been exposed to measles so they can ensure that you do not expose other patients when you visit.

If anyone accompanied you to the locations listed above, they may also have been exposed. Please share this information with them.

How do you know if you are immune to measles?

<ul style="list-style-type: none"> • If you were born in the U.S. in or after 1957 • If you were born outside of the U.S. (regardless of year of birth) 	<p>You need a record of having two doses of MMR or measles-containing vaccine or a blood test that shows you are immune. If you have had zero or one dose of MMR vaccine, call your health care provider or the Cambridge Public Health Department immediately (617-665-3800).</p>
<ul style="list-style-type: none"> • If you were born in the U.S. before 1957 	<p>It is very likely that you are immune to measles. However, to increase the likelihood you are protected against measles, mumps, and rubella, consider receiving a dose of MMR vaccine.</p>

Possible Exclusion Period

People who are exposed to measles and who are not immune may become sick between 5-21 days after they are exposed. **If you do not have evidence of immunity, you may have to stay home** from the 5th through the 21st days after the exposure. In this situation, if you were exposed on May 11, it means you may need to stay home from May 16 through June 1, returning to public activities on June 2. If you are not immune or you are not sure, call your health care provider or the Cambridge Public Health Department (617-665-3800).



Measles Facts

What is measles? Measles is a disease caused by a virus that spreads very easily from person to person. It usually lasts a week or two. Measles looks and feels like a cold or the flu at first. A cough, high fever, runny nose and red, watery eyes are common. A few days later, a red, blotchy rash starts on the face, and then spreads to the rest of the body.

How is measles spread? Measles is more easily spread than almost any other disease. The virus that causes measles lives in the nose and throat and is sprayed into the air when an infected person sneezes, coughs or talks. It can stay in the air for up to 2 hours. Other people nearby can then inhale the virus. Touching tissues or sharing a cup used by someone who has measles can also spread the virus. People with measles can spread the disease 4 days before the rash begins until 4 days after rash onset. The first symptoms appear 10 - 14 days after a person is exposed.

Who gets measles? Anyone who has never had measles and has never been vaccinated; babies younger than 12 months old, because they are too young to be vaccinated; adults who were vaccinated before 1968, because some early vaccines did not give lasting protection; and a very small percentage of vaccinated children and adults who may not have responded well to the vaccine.

Is measles dangerous? Yes. Measles often causes diarrhea, ear infections and pneumonia. Deafness, blindness, seizure disorders and other brain diseases with measles are less common. Measles can also cause swelling of the brain and death, although this is rare in the United States. Measles is most dangerous for children under 5 years of age, adults over 20 years of age, pregnant women, and people with weakened immune systems.

Can measles be prevented? Yes, there is a vaccine to prevent measles. (It protects against measles, mumps, and rubella and is called the MMR). The vaccine is normally given to young children, but adolescents and adults who are not immune should also be vaccinated. Adults born in or after 1957 and children > 12 months of age should have documentation of 2 doses of MMR or serologic proof of immunity to measles.

Is MMR vaccine safe? Yes. It is safe for most people. However, a vaccine, like other medicines, can cause side effects in some people. The MMR vaccine can cause fever, mild rash, temporary pain or stiffness of the joints. More severe problems, such as seizures, bleeding problems or allergic reactions are very rare. Getting MMR vaccine is much safer than getting measles, and most people do not have any problems with the vaccine.

What should pregnant women, those with weakened immune systems, or those with an infant do? If you are pregnant (or think that you might be), if you have a weakened immune system, or if you have an infant under one year of age, it is very important that you contact your healthcare provider as soon as possible.

What should people who work in high risk settings do? If you are a clinician or work in a healthcare facility, daycare, or any other high risk setting, please contact the Cambridge Public Health Department immediately for further guidance.