

What to Do if You May Have Measles

Measles is one of the most contagious of all diseases. The virus can stay in the air for up to two hours after someone with measles leaves the area. About nine in 10 people who have close contact with someone who has measles will get the disease if they are not vaccinated or immune from having had the disease.

That is why we take precautions even before test results come back. Preventing the spread of measles saves lives.



Protect the people around you.

People with measles can spread the virus to others from four days before the rash starts through four days after. If you are suspected of having measles and are waiting for health care or test results, it is important to stay away from others to reduce the risk of getting anyone else sick.

Stay at home and away from other people as much as possible until results come back. Your provider can give you a letter for your school or workplace if needed.

Your provider will be in touch as soon as your test results are in, and someone from the Health Department will also reach out to help with next steps.



Know who in your household is immune to measles.

Have people in your household check their immunization history to find out if they are immune. If tests confirm that this is measles, that will help us know who may need to be vaccinated and who is already immune.

Most people are immune if they:

- Were born before 1957 – **or**
- Have lab-confirmed evidence of immunity to measles – **or**
- Have documentation of measles vaccination.

Learn more: www.healthvermont.gov/measles