

# MEASLES PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: Measles

Measles is a serious rash illness that may be prevented by vaccination. If you think your child has measles, tell your childcare provider, or call the school.

Keep your child home from childcare and school until 4 days after the rash started. A child with measles should not attend any activities during this time period.

If a case of measles occurs in your child's childcare or school, public health will inform unvaccinated children and staff how long they will need to stay home.

## Symptoms

- Your child may have a high fever, watery eyes, a runny nose, and a cough.
- A rash appears on the third to seventh day of illness. The rash may appear red and blotchy. It usually begins on the face (in the hairline) and then spreads down the body, arms and legs. The rash may eventually cover the entire body.
  - Rash may last for 7 days.
- If your child has been infected, it may take 7 to 21 days for symptoms to start.

## Spread

- By coughing and sneezing.
- By breathing measles virus floating in the air.
- By touching contaminated objects or surfaces.

## Contagious period

From 4 days before to 4 days after the rash starts.

## Call your health care provider

If anyone in your home:

- was exposed to measles and has not had measles disease or measles vaccine in the past.
- develops cold-like symptoms with a fever and/or rash. Do not go to a health care facility without first calling your clinic. Your child will be kept separate from others to prevent further spread. A lab test may be done.

## Prevention

- In Nevada, all children 15 months of age or older attending childcare or school must be vaccinated against measles or have a legal exemption. Two doses or a legal exemption are required for kindergarten and seventh grade enrollment.
- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.

- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.

**For more information, please contact your local health department.**

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: [dpbhepi@health.nv.gov](mailto:dpbhepi@health.nv.gov)