Measles is a contagious disease. Measles spreads through coughing and sneezing. Measles virus can live for up to two hours in an airspace where the infected person coughed or sneezed.

Measles often begins with a high fever, cough, runny nose, and red, watery eyes. After 3 to 5 days, a rash usually begins on the face and spreads to other parts of the body.

You can protect yourself and your family by ensuring everyone has had measles, mumps, and rubella vaccine (MMR) or MMRV, which includes chickenpox.

To get the vaccine, contact your healthcare provider. If you don’t have a healthcare provider, call your local health department or the Family Health Hotline at 1-800-322-2588.

In addition to getting the vaccine:
- Stay away from people who are sick.
- Wash your hands often with soap and water.
- If your child is sick, keep them at home.

MMR vaccination is required for school, preschool, and child care entry.

- 2 doses of MMR vaccine are required for students in grades K—12.
- 1 dose of MMR vaccine is required for child care or preschool by 16 months of age.

If there is a measles case in your child’s school, preschool, or child care and your child is not up-to-date with their MMR vaccine, they may be excluded from attending.

Check with your school or child care for more information.

www.doh.wa.gov/MeaslesOutbreak