

MEMORANDUM

**Measles  
Frequently Asked Questions**

**What is Measles?**

Measles is an acute viral infection. Initial symptoms usually start within seven to 14 days of infection but can incubate up to 21 days and may include high fever; cough; runny nose; and red, watery eyes.

Two to three days after symptoms begin, tiny white spots may appear inside the mouth. Three to five days after symptoms begin, a rash breaks out. The rash usually begins as flat red spots on the face at the hairline, and then spreads downward to the neck, trunk, arms, legs and feet. The rash may become raised and join together as the rash spreads. After a few days, the fever and rash fade. Possible complications of Measles include ear infection, pneumonia and encephalitis (swelling of the brain).

The Los Angeles County (LAC) Department of Public Health (DPH) has recently confirmed five cases of measles. All of the cases were adults, the majority were unvaccinated, and two had recently travelled internationally. LAC DPH is currently investigating multiple exposures in adults and children related to these cases.

**How is Measles spread?**

Measles is a highly contagious virus that is spread when an infected person coughs or sneezes and other people breathe the contaminated air or touch contaminated surfaces. The measles virus can live on surfaces or in an airspace for two hours after a person coughs or sneezes. If one person has measles, 90% of close contacts to that person who are not immune will become infected. Infected people can spread measles from four days before to four days after the rash appears.

**How can I protect myself from Measles?**

- **Be fully immunized against measles with the MMR vaccine** (The MMR vaccine is available at Student Health Services if you have not been vaccinated. The cost is \$85)
- Avoid close contact with people who are sick
- Wash hands frequently with soap and water for 20 seconds
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid kissing, hugging, or sharing drinks/food with people who are sick
- Disinfect frequently touched surfaces, especially if someone is sick



**What should I do if I think I may have measles?**

- **If you have a fever and rash, please call Student Health Services at (909) 621-8222 for evaluation.**
- Call Student Health Services if you have any questions about Measles or suspected symptoms
- Avoid close contact with other people
- Get plenty of rest and drink extra fluids
- Take acetaminophen or ibuprofen as needed for pain or fever
- Use over-the-counter decongestants and cough suppressants as needed

If you experience difficulty breathing or seizures/convulsions, please go to your nearest emergency department for evaluation:

Pomona Valley Hospital Medical Center  
Hospital 1798 N. Garey Avenue  
Pomona, CA 91767  
(909) 865-9500

San Antonio Community Hospital  
999 San Bernardino Road  
Upland, CA 91786  
(909) 985-2811

For more information on measles, please refer to the [Centers for Disease Control](http://www.cdc.gov) website.