

Student Health Services

Measles

Measles is one of the most contagious diseases caused by an airborne virus and lives in the nose and throat of an infected person. It can rapidly spread to the rest of the body, including the lungs, brain, and other organs.

> Spread

The virus spreads easily through the air **when a sick person breathes, talks, coughs, or sneezes**. It can stay in the air and on surfaces for many hours, even after the infected person has left. 90% of people who have not received their measles vaccine will get measles if they have contact with the virus. You can spread the virus before you even know you are infected.

> Symptoms

Possible symptoms include: **fever** (over 101F), **cough**, **runny nose**, **red watery eyes**, and/or a **rash** that starts on the face and spreads to the rest of the body

> Prevention

Being fully vaccinated is the best way to keep from getting and spreading measles. The MMR (measles-mumps-rubella) vaccine is safe and more than 95% effective in preventing the disease. **Know your vaccination status and get vaccinated if you have not received 2 doses.**

> Student Health Services

Unsure of your vaccination status? Get a titer test at Student Health Services (SHS) to check your immunity. This is a simple blood test and can be performed at SHS or through your primary care physician. Call (909) 621-8222 to schedule your titer test at SHS today.

