SPOTTED THE SIGNS? ACT EARLY.

Defend the people you love from measles.

Measles is very contagious:

- Spreads through the air
- Virus can stay in the air up to 2 hours
- You can get sick by being in the same room as an infected person

Not sure if you are protected?
Check your immunity or talk to your health care provider.

MMR Vaccine is the best protection.

- Recommended for anyone age 1 year and older who is not vaccinated
- Two doses provide strong protection for life
- Protects you and the people around you
- Serious side effects are extremely rare
- Millions of children are safely vaccinated each year

Know the signs of Measles:



Symptoms can appear 7 to 21 days after exposure. Watch for:

- Fever
- Cough
- Runny nose
- Red, watery eyes
- Rash that starts on the face and spreads



If you are exposed.

- Check exposure locations on the NCDHHS measles dashboard
- Monitor for symptoms for 7 to 21 days
- If you do not have symptoms, testing is not recommended



If symptoms develop:

- Stay home and avoid others
- Contact your local health department
- Call ahead before visiting a doctor or emergency room

Learn more.
Find vaccine locations, check your immunity, and view case updates: **ncdhhs.gov/measles**

NC Department of Health and Human Services • **ncdhhs.gov**
NCDHHS is an equal opportunity employer and provider. • 03/2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health