



# Measles: What You Need to Know



- 1 Measles is a preventable disease that can lead to serious health issues and death.
- 2 Vaccines provide the best protection against getting sick from measles.
- 3 Measles spreads through the air, often from an infected person's cough or sneeze. *Measles can stay in the air for up to two hours after a sick person has left the room.*
- 4 Symptoms usually begin 7 to 21 days after exposure to someone who is infected.

## Watch for symptoms, especially if you were exposed.

Measles starts with symptoms that are common with other diseases: a high fever, runny nose, cough, red/watery eyes, and sore throat.

Tiny white spots can appear inside the mouth 2 or 3 days after symptoms begin.

Rash with flat red spots appears on the face and neck and spreads down the body usually 3 to 5 days after symptoms begin.



Other symptoms to look out for are ear infections, lack of appetite, swollen lymph nodes, and diarrhea (especially in infants).

*If untreated, measles can lead to severe complications including pneumonia (lung infection), swelling of the brain, and death.*

## Talk to your health care provider at the first sign of symptoms.

### Typical Infection Timeline



For more measles information, visit [PA Department of Health website](https://www.pa.gov/health).