

Measles Outbreak Information for Parents

**Help stop
the spread
of measles!**

Measles is a very contagious disease.

- It spreads through coughing and sneezing.
- When an infected person coughs or sneezes, the virus stays in the air for up to 2 hours.

Symptoms of measles:

- Fever.
- Dry cough.
- Runny nose.
- Sore throat.
- Inflamed eyes.
- Rash.

Make sure to:

- Stay away from people who have the measles.
- Wash your hands often with soap and water.
- If your child is sick, keep them at home.

Measles, mumps, rubella (MMR) vaccination is required for school, preschool and childcare.

- 2 doses of MMR vaccine are required for K–12 students.
- 1 dose of MMR vaccine by 16 months of age is required for childcare or preschool students.
- Children not up-to-date with MMR vaccine will not be allowed to attend school if a case of measles occurs at their school or a measles outbreak occurs in their community.
- Check with your school or childcare for more information.

Protect yourself and your family.

Make sure everyone has had measles, mumps, rubella (MMR) vaccine.

To get vaccinated:

- Call your healthcare provider or local pharmacy.
- Call the Family Health Hotline at (800) 322-2588.
- Go to www.tpchd.org/measles or call Tacoma-Pierce County Health Department at (253) 798-6410.



Tacoma-Pierce County
Health Department
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www.tpchd.org