

# LEARN ABOUT MEASLES

## What is Measles?

Measles is a serious highly contagious disease caused by a virus.

## How does Measles spread?

Measles spreads when a person with measles coughs or sneezes and someone else breathes the contaminated air or touches an infected surface and then touches their eyes, nose, or mouth. The virus can live up to two hours in an airspace after an infected person leaves the area.

**Measles is so contagious that one person with measles can spread the disease to 9 out of 10 people around them who are not protected.**

## What are Measles symptoms?

Cough • Runny nose • Red watery eyes • High fever  
• Tiny white spots inside mouth (not always seen) •  
3 - 5 days into symptoms, a rash starts on the face from the hairline and spreads down the body.

**Measles can be spread to others 4 days before to 4 days after the rash appears.**



## When do Measles symptoms appear?

Symptoms generally appear 8 to 12 days but up to 21 days after contact with the virus.

## What should you do if you suspect Measles?

**Mask and/or isolate the child right away!**

**Call parent or guardian and request pick up.**

**Notify the school nurse and the Nevada County Public Health Department immediately at (530) 265-1450.**