


# Measles

Measles is a highly infectious viral illness that spreads easily through the air. It can cause serious complications. Babies, young children, pregnant women, people with a weakened immune system, and anyone without two measles vaccines or past infection are at higher risk of measles and its complications.



A person with measles can spread it to others from about four days before the rash appears until four days after the rash appears

## Symptoms may include



Fever



Tiredness



Cough



Irritated eyes



Runny nose




Red blotchy rash

## How it spreads



- Through droplets in the air when a person coughs or sneezes
- Contact with droplets from the nose or mouth
- Touching surfaces where droplets have landed



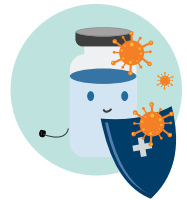
It can take 7 to 18 days to feel sick after being in contact with measles

## Stop the spread

### Get immunised

Immunisation is the best protection against measles.

- Measles, mumps, and rubella (MMR) vaccines are free for all children at 12 and 18 months of age.
- You need 2 doses of vaccine at least 4 weeks apart for high protection.
- If you haven't had 2 doses and were born in or after 1966, you can get the MMR vaccine for free.



### Cover coughs and sneezes

Cover with a tissue or the inside of your elbow. Throw any tissues in the bin and wash your hands.



### Wash your hands

Use soap and warm water and wash for 40-60 seconds. Wash regularly, and especially after coughing and sneezing.



### Stay at home

If you are unwell, stay away from work, school, child care and other crowded places.



## See your doctor

- If you think you could have measles, see your GP as soon as possible. Tell staff you may have measles before you arrive.
- Early testing and treatment is important to prevent spreading measles to others.

For more information, scan the **QR code** to visit the Queensland Health measles webpage.

