Outbreaks of measles occur in parts of the United States and in other countries. Kaiser Permanente monitors outbreaks closely. All our medical centers are prepared to respond to measles. We’re also available to address your specific questions and concerns.

**Preventing Measles**

The best way to prevent measles and its spread is to get immunized. The MMR (measles, mumps, and rubella) vaccine is very effective. It provides lifetime protection for 97 to 99 percent of those who receive 2 doses.

The first measles shot is recommended when a child is 12 months or older. The second shot is usually given before starting kindergarten, between ages 4 and 6.

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### Is Your Family Protected?

Children who have *not* had 2 doses of the MMR vaccine are at risk of getting the measles, if exposed.

- **Check to see if you and your child are up-to-date on vaccines.**
  - Visit [kp.org/mydoctor](http://kp.org/mydoctor) and view your Preventive Health Reminders.
  - You can also call the 24/7 Appointment and Advice Call Center at **866-454-8855** to see if your child is due for shots.

- **Get immunized, if needed.**
  - Drop in without an appointment to most Kaiser Permanente medical offices during normal business hours and receive immunizations at no additional charge.
  - Call the Appointment and Advice Call Center at **866-454-8855** or go online to schedule an appointment for your child with a nurse just for shots.

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### About Measles

Measles is a serious, contagious infection caused by a virus.

- Measles causes a rash that spreads all over the body. It can also cause high fever, ear infections, diarrhea, and pneumonia.
- In many cases, those with measles can recover at home. However, some children and adults get very sick and must be hospitalized.
- Measles is preventable, but there is no treatment or cure for the virus.

### How Measles Spreads

The measles virus spreads through the air and is very contagious.

- After someone is exposed to measles, it usually takes between 7 and 18 days for symptoms to appear. This is called the incubation period.
- People with measles are contagious during this time (4 days before the rash appears). Those with measles can spread the virus even before they know they’re sick.

*continued on next page*
**Symptoms of Measles**

**Early Signs**
- Fever (temperature of 100.4°F or above) along with: runny nose, sore throat, dry cough, and red, swollen eyes

**Later Signs**
- Gray-white spots inside the mouth
- Red rash that starts on the face and spreads gradually over the entire body

**Why Measles Is Serious**
- There is no medicine or cure for measles. Most people can recover at home with rest, fluids, and time. However, some people get very sick and must be hospitalized.
- Complications from measles can be severe and include pneumonia, brain swelling (encephalitis), and permanent deafness. Measles can even be deadly.
- Because measles is very contagious, anyone exposed who is not already immune to the disease must be kept in isolation at home to see if they develop symptoms. This waiting period can be stressful, and means missing school or work for several weeks.

**When to Call Kaiser Permanente**
Please call the 24/7 Appointment and Advice Call Center at **866-454-8855** if you or your child develops symptoms. **It’s important that you call us about your symptoms ahead of time, before you come in.**
- Be sure to call for an appointment, instead of scheduling one online. Measles is very contagious. Calling ahead helps us provide the best care for you and protects our members, patients, and employees.
- Please call us if you think you or your child has been exposed to measles. We can help assess your family’s situation and address your questions.

**We’ll Remind You**
The My Doctor Online app provides personalized health reminders for you and your family. Download the app at no charge from the App Store or Google Play.

**For more information**
- ✔ Review our Frequently Asked Questions about Measles article at [kp.org/mydoctor](http://kp.org/mydoctor).
- ✔ Visit the California Department of Public Health website at [cdph.ca.gov](http://cdph.ca.gov).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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