

California State University, San Bernardino
Health Advisory 2019

MEASLES

WHAT IS IT?

Measles is a highly contagious virus that can be spread by person-to-person contact or through the air. The virus can remain in the air for up to two hours.



About 9 out of 10 people who have not had the measles vaccine will get measles if they are exposed to it.

SIGNS & SYMPTOMS

The symptoms generally appear about 7-12 days after a person is infected. Symptoms can include:

- high fever
- cough
- runny nose
- watery, red eyes
- a rash that starts on the face and spreads to the rest of the body



If you suspect you have measles, call your primary care provider or the Student Health Center before visiting your health care provider's office.

RISK FACTORS



Travel to a place where measles is endemic



Contact with someone who has measles



Not receiving a measles vaccine (MMR)



Visitors from areas where measles is occurring

VACCINATION IS THE ONLY DEFENSE AGAINST THIS DISEASE!



HOW CAN I PREVENT MEASLES?

Get immunized!

Students who do not have evidence of immunity need two doses of the measles (MMR) vaccine.

CSUSB students may visit the Student Health Center or their medical provider for the MMR vaccine.



Questions?

Call the Student Health Center at (909) 537-5241.

Additional information about the measles or the MMR vaccination can be found at <https://www.cdc.gov/measles/about/faqs.html>