



PUBLIC HEALTH/NURSING

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Measles cases in the U.S. are on the rise!

Measles can be serious. It can cause hospitalization or even death.

Get vaccinated to protect yourself from measles

- Make sure you and your children have been vaccinated with the measles, mumps, rubella (MMR) vaccine.
- If your child is 1 year old or older and has not received the MMR vaccine, they should get it now.
- Measles vaccine is safe and effective.

Watch for symptoms of measles

- Measles begins with a fever, cough, runny nose, and watery eyes. Then a rash develops that usually spreads from the head to the rest of the body. You can spread the disease to others once these symptoms start and until after the rash disappears.
- People with measles symptoms feel miserable.

Call your doctor or clinic right away if you see symptoms

- Your doctor or clinic will let you know if you need to come in for a visit.
- Measles is very contagious and you don't want to give it to someone in a waiting room. By calling first, the clinic can give you instructions.
- Stay at home and don't have visitors if you or your child are sick, or if you have not been vaccinated.

We want to help you stay healthy!

- All Rice County health care providers have MMR vaccine and want to help people get vaccinated.
- Call your doctor or clinic if you have questions or need to get vaccinated.
- If you don't have a doctor or health insurance, you can go to Rice County Public Health to get the MMR vaccine. Call 507-332-6111 for more information.