

# Measles

## WHAT YOU CAN DO TO PREPARE

### About Measles

Measles is a highly contagious virus that spreads easily when someone coughs or sneezes. You can help stop it by getting two shots called the MMR vaccine.

If someone gets measles, they usually feel sick **8 to 12 days** after being around a sick person. Sometimes it takes up to **21 days**. Usually measles begins with **fever (often 101°F or higher)** and **cough, runny nose, and red eyes**. A few days later, the fever can get higher (up to 104-105°F) and a red, spotty rash develops. The rash usually **starts on the head** and spreads to the trunk and then the arms and legs.

### What You Can Do to Be Prepared!

- 🦠 **Know your community's measles activity:** Visit the [NMDOH Measles webpage](https://measles.doh.nm.gov) for updates ([measles.doh.nm.gov](https://measles.doh.nm.gov)).
- 🦠 **Check immunity status:**
  - **Infants 6-11 months:** If there is a measles outbreak in your area, they should get 1 MMR shot. This shot does not count towards the normal two. They will still need two more shots—one at 12-15 months and another at 4-6 years.
  - **Children:** Need 2 MMR shots—first at 12-15 months old and second at 4-6 years old. If they haven't had both, they should get vaccinated with at least 28 days between their first and second dose.
  - **Adults (18+ years old):** Should have at least 1 MMR shot. Two (2) shots are better for full protection.
  - **Birth before 1957:** Usually protected because they likely had measles as a child.
  - **Laboratory evidence of measles:** Those who have had measles before have life-long immunity to measles.
- 🦠 **Check vaccine records** via your provider or the [NMDOH Immunization Record Info Request Public Portal](#). Need assistance help? Call 1-833-882-6454.

### Watch for symptoms

Stay alert for **fever (101°F or higher), cough, runny nose or red eyes— with a rash**. Call your healthcare provider if symptoms develop.

### Reporting & Questions

If you are concerned that you or someone you love may have measles or for public health questions, call **NMDOH at 1-833-SWNURSE (1-833-796-8773) 24/7**.

