

Measles

WHAT TO DO IF YOU'VE BEEN EXPOSED

You may have been exposed if you were in the same room, as someone with measles — even up to 2 hours after they left.



Check If You're Protected

Check vaccine records with your healthcare provider or the NMDOH Immunization Records Info Request Public Portal:

vaxview.doh.nm.gov

Need help? Call 1-833-882-6454.

You're Protected (Immune) If You

- Had 2 measles (MMR) shots,
- Have a **blood test** that shows you're immune,
- **Were born before 1957**, or
- Had measles before.



If you are considered immune, you can be around people.

Watch For Symptoms

- Red, spotty rash that starts on the head and face, and spreads down
- Fever (101°F or higher)
- Cough, runny nose, and/or red eyes

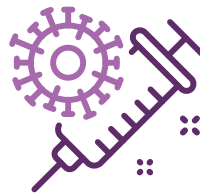


If these appear → Call your doctor or the NMDOH Helpline: 1-833-796-8773

If You Have ONE MMR Shot

You have **some protection**.

- Get your **2nd MMR shot** to be fully protected.
- Keep watching for symptoms for 21 days.
- If these appear – > **Stay home** and call your doctor or the NMDOH Helpline



If You GET Measles

- Call your doctor or **1-833-796-8773** and stay home through day 4 after the rash starts.
- Getting the MMR vaccine is still recommended after getting measles, because it also protects against mumps and rubella.



If You Have NO Proof Of Immunity



Stay home and call your doctor or **1-833-796-8773** right away for help with next steps.

If it's been less than 3 days or less since exposure:

- **Under 6 months:** Get antibody medicine called IG & stay home 28 days.
- **6 months or older:** Get MMR vaccine → no quarantine needed.

If it's been less than 4-6 days since exposure:

- **Under 12 months, pregnant, or weakened immune system:** Get antibody medicine (IG) & stay home 28 days.
- **Everyone else:** Stay home 21 days.

More than 6 days since exposure:

- Stay home 21 days from last exposure.
- Get MMR vaccine to be protected against future exposures.