

Measles:

What Parents of Children Attending Early Childcare in Ohio Should Know



Measles is not just a little rash.

It can spread very quickly person-to-person **through the air** when an infected person breathes, coughs, or sneezes. Even brief contact or being in a shared space with someone who has measles can put you at high risk for getting the disease if you are not protected.

One person with measles can spread it to nine (9) out of 10 unprotected people around them.

Symptoms Include:

- High Fever.
- Cough.
- Runny nose.
- Red, watery eyes.
- Rash—usually starts on the head and spreads down to the rest of the body.

Measles is contagious from four days before the rash appears through four days after the rash appears.

Measles can result in a medical complication for approximately three (3) out of 10 people who are infected.

Complications can include:

- Ear infections.
- Pneumonia (infection of the lungs).
- Encephalitis (swelling of the brain, which can lead to seizures).
- Diarrhea (which can lead to dehydration).
- Death.



DID YOU KNOW?

Measles virus can remain in the air for up to two (2) hours after an infected person leaves an area.

What is the treatment for measles?

- There is no specific antiviral therapy for measles.
- Medical care is supportive and helps to relieve symptoms or complications, such as bacterial infections.

Two doses of the measles, mumps, and rubella (MMR) vaccine is the best way to protect your child against measles.

- First dose at 12 to 15 months.
- Second dose at 4 to 6 years.

MMR can be given to children as young as 6 months of age who are at high risk of exposure, such as during a **community outbreak** or **international travel**.

If MMR vaccine is given between 6–11 months, two additional doses are still needed after 12 months of age.

Two doses are about 97% effective at preventing measles. One dose is about 93% effective at preventing measles.

Early childcare vaccine requirements in Ohio.

- **Ohio Revised Code 5104.014** requires children to be fully protected against 14 vaccine-preventable diseases, including measles.

Measles vaccines are available at:

- Many doctor's offices.
- [**Local Health Departments**](#).
- Pharmacies (check with location based on your child's age).

How to protect babies who are too young for the MMR vaccine:

- Ensure (to the extent possible) that those around your baby are vaccinated.
- Limit your baby's exposure to crowds, other children, and anyone with cold symptoms.
- Keep your child home when they are sick.
- Prevent germs at home. Regularly disinfect objects and surfaces in your home.
- Practice good hand hygiene. Wash hands using soap and water and scrub for at least 20 seconds.

Seek care with your child's doctor, urgent care, or emergency room if you think your child has measles. Make sure to call the healthcare facility before you arrive (if possible) to inform them that you believe your child has measles so they can provide care to your child while protecting others.