

MEASLES IS SPREADING. IT IS PREVENTABLE.

CHIEF NURSE



5 THINGS YOU CAN DO

1 CHECK YOUR IMMUNITY.

Make sure you have received two doses of the MMR vaccine.

2 GET VACCINATED.

If you are not vaccinated or are unsure of your vaccination status, contact your health care provider to get vaccinated.

3 WATCH FOR SYMPTOMS.

Measles symptoms can show up to 21 days after exposure and can include: rash, high fever, cough, runny nose, and red, watery eyes. Watch for symptoms, especially if you know you've been exposed to someone with measles.

4 STAY HOME IF SICK.

Protect other people from exposure to measles. Call ahead before going to a health care provider or the ER.

5 STAY INFORMED.

Scan the QR code at right.



Cook County DEPT. of
Public Health

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GET THE FACTS.

If you are vaccinated or have had measles before:

YOUR RISK OF DEVELOPING MEASLES IS CONSIDERED LOW.



If you are unvaccinated:

YOU ARE AT INCREASED RISK OF DEVELOPING MEASLES, IF EXPOSED.



If you develop these measles symptoms, call us and your health care provider:

HIGH FEVER (101° F), COUGH,
RUNNY NOSE AND RED EYES WITH OR
WITHOUT SKIN RASH



If you have symptoms, call Cook County Department of Public Health at (708) 836-8699 **AND** your health care provider for medical evaluation. **CALL FIRST** to avoid exposing others to measles. If you don't have a health care provider, call Cook County Health at 312-864-1111.

**HELP STOP THE SPREAD
OF MEASLES.**



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