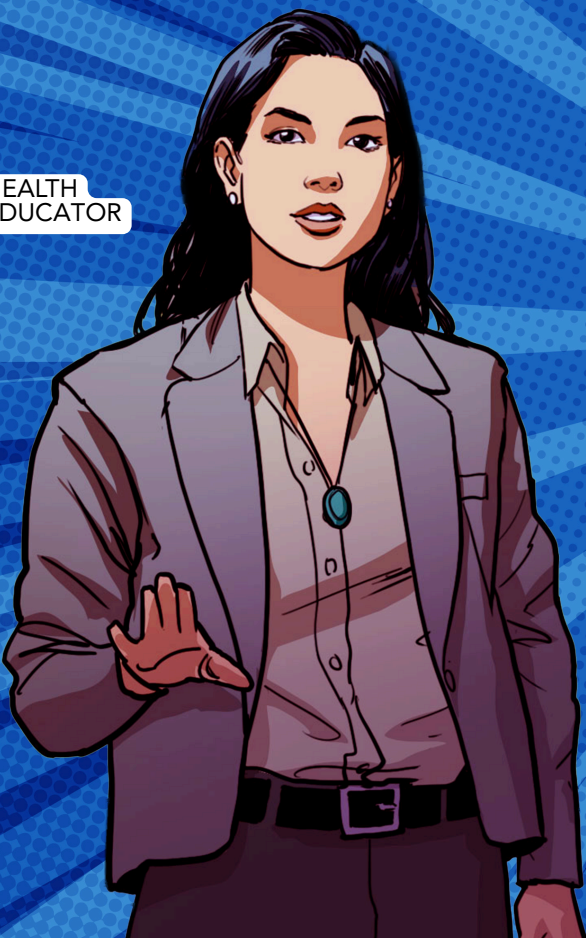


HEALTH  
EDUCATOR



# MEASLES IS SPREADING. IT IS PREVENTABLE.

## 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.

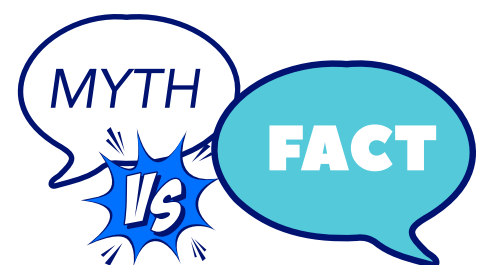
Measles symptoms can show up to 21 days after exposure and can include: rash, high fever, cough, runny nose, and red, watery eyes. Watch for symptoms, especially if you know you've been exposed to someone with measles.

### 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 to get the facts about measles and vaccines.



Cook County DEPT. of  
Public Health

**BUILDING  
HEALTHIER  
COMMUNITIES**

**GET THE  
FACTS.**

