

If you think that you have Measles

NOTE: Most people in the U.S. are immune to measles, either through natural exposure (infection) if born before 1957, or through vaccination. If you are immune to measles, it is highly unlikely you will become infected with measles if exposed.

If you are still concerned about measles exposure or think you may have measles:

1. CALL your clinic provider's office first (**DO NOT** go inside the clinic)
 - Let the office staff know that you are concerned you might have measles.
 - If possible, have information regarding your measles vaccination status ready
 - Be prepared to answer the following questions:
 - Have you been exposed to a person who has a fever and a rash from a foreign country?
 - Were you exposed to a person who has been diagnosed with measles?
 - Were you present at the time and location of another measles patient based upon a local Public Health alert?
 - Do you have symptoms of measles including rash, cough, fever, runny nose, red eyes?

If answers to all are NO, you do not need evaluation for measles exposure or infection.

2. If your clinic provider decides need to be tested for measles, he/she will make special arrangements to evaluate and test you without putting other patients and office staff at risk.
 - You will be directed to meet a healthcare worker outside of the clinic building.
 - Two tests for measles will be done:
 - Urine sample collection (infants excluded)
 - Please bring a same-day urine sample from home in a disposable, sealed container (e.g. sealable plastic bag).
 - Please write down the date & time of collection and collect as close to visit as possible.
 - Throat swab will be performed by a healthcare worker.
 - Meet healthcare worker outside of the clinic to drop off urine sample and receive throat swab (**DO NOT** go inside)
 - The clinic will contact you with results

You should stay home and avoid public areas until you have been tested and your test results come back. This is important because if you have measles, you can easily spread it to others.