

WHAT IF I AM EXPOSED TO MEASELS?

If you can show that you are vaccinated or have immunity*:

Show evidence to your supervisor, e.g. vaccination records or blood test results.

If you cannot show that you are vaccinated or have immunity:

See the Vaccine Information Panel for information on determining your status.

If you are unvaccinated:

If you get vaccinated within 72 hours of exposure, you may return to work.

Otherwise, you will need to follow strict quarantine and exclusion protocols as shown in the flowchart at

hcoe.org/measles

**If you were born before 1957, you are considered to have immunity, even if you have never been vaccinated.*

GETTING VACCINATED

If you do NOT have your vaccination records, and your blood test does not show immunity, you should get one dose of the MMR vaccine.

Most primary care providers, and many local pharmacies, are able to give vaccines to adults.

If you are having trouble finding a vaccine, call Public Health at 707-268-2108 for more information about where to get vaccinated.

VERIFYING YOUR VACCINATION STATUS

- Visit tinyurl.com/mydvr-request to obtain your Digital Vaccine Record (DVR).
- Check your childhood vaccine card, if you have one.
- If you know where you got your vaccination, ask them for the records.
- If you cannot verify your status using one of the above methods, request a titer blood test from your primary care provider.

If you work for a Humboldt County school and do not have a primary care provider, please respond to the survey below if you are interested in a titer test.



MEASLES IN HUMBOLDT: WHAT TO KNOW TO STAY SAFE

GUIDANCE FOR SCHOOL STAFF



**Humboldt County
Office of Education**

MEASLES FACT LIST

Measles is one of the
MOST contagious viruses
known to humans.

Up to 9 in 10 unvaccinated
people will become infected if
they are exposed to the virus.

1 in 5 people who get measles
will be hospitalized, usually for
problems breathing.

1 in 20 children who contract
measles develop pneumonia.

Symptoms don't appear until
four days after exposure.

You can be contagious before
you ever show symptoms.

ARE YOU VACCINATED FOR MEASLES?

Visit tinyurl.com/mydvr-request
or scan this code to obtain your
Digital Vaccine Record (DVR).

If you cannot locate your
records digitally, ask your
primary care provider for a
copy.



VACCINATION INFORMATION

If you would like to get a
measles vaccine, please contact
your primary care provider. If
you **DON'T** have a primary care
provider, contact Public Health
at 707-268-2108.

SIGNS OF INFECTION:

- Bloodshot Eyes
- Sore Throat
- Watery Eyes
- Pink Eye
- Diarrhea
- Tiredness
- Rash
- Spots in Mouth
- Ear Infection
- Runny Nose
- Cough
- Fever
- Muscle Pain
- Hearing Loss
- Dehydration
- Headache
- Difficulty Breathing
- Pneumonia

Symptoms of Measles



High fever



Sore throat



Tiredness



Cough



Runny nose



Red spots in
your mouth



Rash



Red or
bloodshot eyes



Diarrhea, stomach
pain or vomiting



Muscle aches,
headache

Source: Cleveland Clinic