

MEASLES:

WHAT TO DO IF YOU GET SICK OR ARE EXPOSED



Image Source: CDC



Measles is spreading in the Finger Lakes.

As of August 19, 2026, Seneca, Steuben, and surrounding counties have confirmed cases of measles in unvaccinated residents.



WERE YOU EXPOSED TO MEASLES?

Contact your health care provider or local health department.

- They can check if you're protected.
- MMR vaccine or immune globulin may help if given within a few days.
- You may need to stay away from others for up to 21 days.
- They may monitor you for symptoms.

MMR vaccine is the best protection against measles.

DO YOU HAVE MEASLES SYMPTOMS?

Call your health care provider or local health department and tell them you or your child may have measles.

Measles symptoms appear 7 to 21 days after contact with the virus. Common measles symptoms include:



High fever
(may spike to more than 104°F)



Cough



Runny nose



Red and/or watery eyes



Rash
(breaks out 3-5 days after symptoms begin)

Image Source: CDC

If you need medical care, it is very important to call ahead before visiting a health care facility! This allows staff to prepare and protect others.

Stages of Infection



Measles can be passed on for 4 days before and 4 days after rash appears.

EXPOSURE OCCURS

7-21 days from exposure



SYMPTOMS BEGIN

Fever, runny nose, cough, red/watery eyes, sore throat.



RASH APPEARS

Rash usually starts on the face and travels down the body.



HEALTH RETURNS

Untreated measles can cause serious health problems.

CONTACT YOUR LOCAL HEALTH DEPARTMENT TO GET VACCINATED!

Yates County Public Health:
(315) 536-5160

Seneca County Health Department:
(315) 539-1920

Ontario County Public Health:
(585) 396-4343