

Measles: What Employees Should Know



Knowing a few key things about measles could protect you from getting sick and missing work.

Measles is an illness that spreads easily and can make people very sick. Some people die from measles.

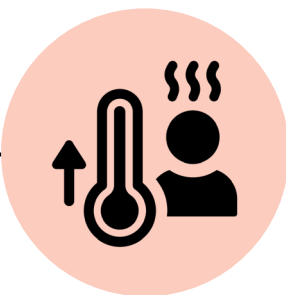
If measles were to affect your workplace, many workers could get sick quickly.

If left uncontrolled, it could spread to your families and the local community.

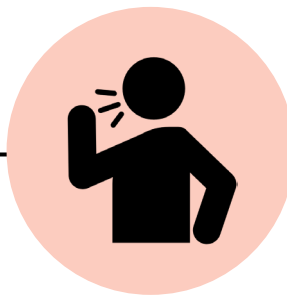
Measles is so infectious that up to **9 out of 10** unvaccinated people will get sick if they are exposed.

You **may be exposed** to measles when you travel or if you have contact with someone who has measles. Local residents who are unvaccinated and have been to places with measles can also put others at risk, including you and other workers.

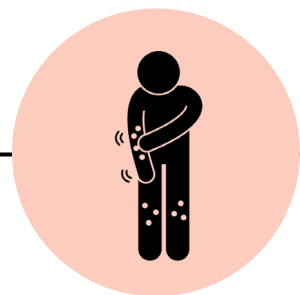
Signs of measles:



High fever



Cough



Rash



Employee Checklist

- ☐ **Vaccination:** Bring copies of your vaccine records so you can show you are up to date on your measles, mumps and rubella (MMR) vaccine. If you are not vaccinated, or unsure, check with your doctor, free clinic, or local health department to see if the vaccine is available. The MMR vaccine is very safe and effective at preventing measles. Most people who are vaccinated will be protected from measles for life.
- ☐ **Act fast:** If you think you or someone you know may have measles, make sure you are seen by a doctor right away. Call the location before going there and let them know you think you might have measles. Acting fast helps protect you and others around you. If you do not have insurance, call your local emergency room, free clinic, or local health department to ask about measles testing.
- ☐ **Notify your employer:** As soon as you notice signs of measles, let your employer know so they can let the local public health department know. Public health will then talk to you about your close contacts, which likely includes you and other employees.
- ☐ **Work with local public health:** Once local public health is in touch with you, make sure they have a way to communicate with you. They will monitor you for symptoms and help keep you safe and get care when needed. Local public health is there to protect you and help get you back to work as soon as possible.
- ☐ **Take steps to prevent others from getting sick:** If you live with others, you will need to stay away from others if you have measles. Ask your employer about separate housing and transportation to avoid getting others sick.

