

# What to do if You've Been Exposed

## MEASLES



### NOT Vaccinated EXPOSED

- **STAY HOME** and away from other people for **21 full days\*** after you were exposed. Do not have visitors at this time.
- Call your doctor. **Do NOT go to the office.**

### NOT Vaccinated NOT Exposed

- Talk to your doctor about getting the measles shot so that you don't get sick.
- **2 doses of the vaccine are 97% effective at preventing measles.**

### Vaccinated EXPOSED

- **Watch for signs of measles** and call your doctor if you feel sick.
- **You do not need to stay home if you don't feel sick.**

### Vaccinated NOT Exposed

- **Live and travel as normal.**
- Be aware that measles is in our CT communities.

**If you suspect you or one of your family members has been exposed to measles,**

**call your doctor or local health department immediately. Please do NOT go directly to your doctor.** You could infect others in the waiting room or while traveling to and from the doctor's office. Your doctor will be able to tell you the next steps to take to protect yourself, your family and your community.

Measles spreads so easily that if one person has it, **9 out of 10 people around them will also get sick if they are not vaccinated.**



**\*Hint:** The day you were exposed is Day 0, and the day after that is Day 1 of your 21 days. You may return to normal activities on Day 22.