

# Measles Alert

Trader Joe's Framingham Massachusetts

This is to inform you that a confirmed case of measles was in this building while infectious on February 15 and 16, 2014. Please review the alert below and contact your physician if any symptoms develop.

<b>What is measles?</b>	Measles is a very contagious disease that usually lasts a week or two. It can cause serious problems like ear infections, pneumonia, swelling of the brain in some people, especially pregnant women, infants, and those with weakened immune systems. Adults are also at increased risk for severe disease and may need to be hospitalized due to complications.
<b>What are the symptoms?</b>	Measles looks and feels like a cold at first. A cough, high fever, runny nose, and red, watery eyes are common. These symptoms start about ten days after infection. A few days later, a red blotchy rash starts on the face first, then spreads to the rest of the body.
<b>How is measles spread?</b>	The virus that causes measles lives in the nose and throat and is sprayed into the air when an infected person coughs or talks. Other people nearby can then inhale the virus. Measles is very infectious and can stay in the air for up to two hours after the contagious person has left the room. Touching tissues or sharing a cup used by someone with measles also spreads the virus. People with measles are infectious for 4 days prior to rash onset, until 4 days after onset. If someone is susceptible to measles, they usually show symptoms 10-14 days after exposure.
<b>Can measles be prevented?</b>	Yes, there is a vaccine to prevent measles. (It protects against measles, mumps, and rubella and is called the MMR). The vaccine is normally given to young children, but adolescents and adults who are not immune should also be vaccinated. Adults born in or after 1957 and children $\geq$ 12 months of age should have documentation of 2 doses of MMR or serologic evidence of immunity to measles.
<b>What should pregnant women or those with weakened immune systems do?</b>	If you are pregnant (or think that you might be) or if you have a weakened immune system, it is very important that you contact your health care provider right away.

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## What should you do?

- If you were born in the U.S. before 1957, it is very likely that you are immune to measles. However, to increase the likelihood you are protected against measles, mumps and rubella, consider receiving a dose of MMR vaccine.
- If you were born in the US on or after 1957, and you do not have documentation of having 2 doses of MMR or measles-containing vaccine or serologic evidence of immunity, you must receive a dose of vaccine as soon as possible.
- If you were born outside of the US (regardless of year of birth), and you do not have documentation of having 2 doses of MMR or measles-containing vaccine, or serologic evidence of immunity, you should call your provider to receive a dose of vaccine as soon as possible.

A blood test showing you are protected against measles is also acceptable evidence of immunity. However, a past history of measles disease is not adequate proof of immunity.

**If you develop symptoms of measles, please stay home and call your doctor.**

For more information, please call the Division of Epidemiology and Immunization at (617) 983-6800.