

Measles

Frequently Asked Questions



How does measles spread?

Measles is spread from person to person through the air by infectious droplets. Measles is very contagious; an unvaccinated person can be infected by breathing the air up to 2 hours after a person with measles has left the room.

Do I need a Measles (MMR) vaccine or a measles titer if I already had documented two doses?

No. Two doses of the MMR or MMRV vaccine are **97% effective** at preventing measles and provide lifelong protection for most people.

If you have documented proof of two doses given after 12 months of age, you are considered protected and do not need another vaccine or a titer check.

Who does not need two MMR doses?

- **People who were born before 1957** are assumed to be immune to measles and do not need MMR vaccines.
- **People who had confirmed measles** and people who have a lab test confirming immunity to measles do not need a measles vaccine. However, you may still need two doses of the MMR vaccine for the mumps and rubella protection.
- Many people who went to school before 1991 only got 1 MMR dose. With the 2025-26 measles outbreak, it is recommended that anyone who only has 1 MMR dose, should get a 2nd dose.

I was at an exposure site during an identified time. What should I do?

- **Check your records:** Immediately verify if you have received two doses of the MMR/MMRV

vaccine. If you don't have documentation at home, you may call the Public Health Hotline at 928-606-4647.

- **Monitor your health:** Keep a close watch for symptoms for 21 days following the date of exposure.
 - If you do not have two documented MMR/MMRV doses or a positive measles titer, you should quarantine at home for 21 days from last exposure.
 - If it is less than 7 days since your exposure and you have a weak immune system, post-exposure prophylaxis (PEP) may be available. **Call the Public Health Hotline at 928-606-4647 for PEP.**
- **Stay home if symptoms appear:** If you begin to feel ill, do not go to work, school, or public places.

Call the TCRHCC Emergency Department at **928-283-2662** before visiting so they can prepare for your arrival and prevent further spread.

What symptoms should I look for?

Symptoms usually appear 7 to 14 days after exposure but may appear up to 21 days after exposure. Symptoms typically include:

- High fever (may spike to over 104°F)
- Cough, runny nose, and red/watery eyes (conjunctivitis)
- A red, blotchy rash that usually starts 4 days after the fever and begins on the face and spreads downward to the rest of the body
- Tiny white spots (Koplik spots) that may appear inside the mouth 2-3 days after symptoms begin (hard to see)

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I don't know if I've had the MMR vaccine. How can I find out?

If you are unsure of your vaccination status, please call our **Public Health Hotline at 928-606-4647**. Our staff can help look up your records or advise you on the next steps for getting vaccinated.

If evidence of two MMR/MMRV doses cannot be located, it is recommended at this time to get a measles titer AND an MMR dose at the same time.

- If your titer comes back positive, you do not need a 2nd dose.
- If the titer comes back negative and you have no documentation of any prior doses, you will need a 2nd MMR dose 28 days later.
- If your titer is negative but you now have documentation of 2 MMR doses, you do not need further doses.

There is no harm in getting another dose of MMR vaccine even if you are already immune to measles (or mumps or rubella).

What if I was exposed and have a weak immune system?

Please call the hotline or your primary care provider **immediately**. These groups are at higher risk for complications and may require specialized care or preventative treatment. You may need to quarantine at home for 28 days.

This includes people who have any of the following severely immunocompromising conditions:

- Primary or acquired immunodeficiency
- Uncontrolled HIV
- Transplant recipient or recent hematopoietic cell transplant recipient

- Blood dyscrasias, leukemias, or lymphomas, or any type of cancer affecting bone marrow or lymphatic systems.
- CAR T-cell therapy within the last year
- Long-term immunosuppressive therapy, such as chemotherapy, biologics, TNF inhibitors, or large daily corticosteroid doses (e.g. 20 mg prednisone daily for 2 or more weeks).

Where can I get the vaccine if I need it?

The MMR vaccine is available walk-in at our TCRHCC Public Health Clinic for adults and Mobile Health Clinics for pediatrics and adults.

Appointments are available at Pediatric Clinic, Lechee Health Facility, or Sacred Peaks Health Center.



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