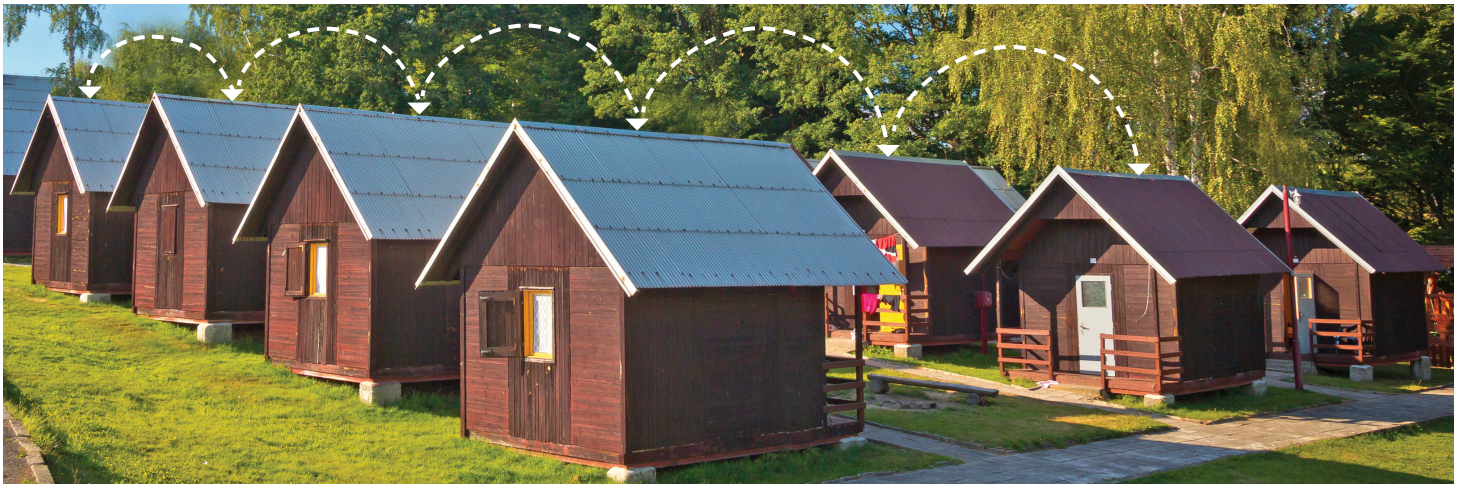

You Can Prevent the Spread of Measles at Summer Camp

Measles is highly contagious and can spread easily at camp. When a person sick with measles coughs or sneezes, the virus gets into the air where it can stay for two hours. Anyone who is not immune can get measles if they are in that area. People who get measles can be very sick, and will not be able to stay at camp.

Protect yourself, your family, and the community by following these 5 steps:

1. Know if you and your family are immune.

You are considered immune if you:

- Were born before 1957,
- Have a written record of 1 or 2 doses of measles-containing vaccine (depending on age), or
- Have a laboratory test showing you are immune.

If you are not sure about immunity, talk to your health care provider before going to camp.

2. If you are not immune, get vaccinated.

Two doses of the MMR (measles, mumps, rubella) vaccine will provide the best protection from the measles. Make sure everyone in the family is properly vaccinated or immune before going to camp.

3. Know the signs and symptoms of measles.

Symptoms appear about 7 to 14 days after exposure but may take as long as 21 days, starting with a high fever, cough, runny nose and red/watery eyes. A rash usually starts 2 to 4 days after the fever begins, spreading from the face and neck to the body, arms, and legs. Any child who feels sick at camp should tell a health or camp director for immediate medical care and to protect other campers.

4. Stay home if you are sick.

Since measles spreads quickly and is contagious even before the rash starts, stay home at the first sign of fever or cough. Do not come to camp. It is important to prevent measles from spreading to other people.

5. Call ahead before seeking medical care.

If you think someone has measles, call before seeking medical care so the office, clinic or emergency room can take steps to prevent other people from being exposed to measles.

Call your health provider or your local health department if you need a vaccine or want to learn more about preventing measles. More information is also available at:

health.ny.gov/measles

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