



# You Can Prevent the Spread of Measles at Summer Camp

## Protect yourself, your family, and the community

### What is measles?

Measles is a highly contagious disease that spreads easily from person to person if they are not immune. It can travel through the air when people cough, sneeze, talk, or laugh. It is also spread when items with saliva on them are shared. Items include cups, bottles, cans, forks, spoons, and more.

**Living in close spaces like dorms or camps can increase the risk of measles spreading. People who get measles can get very sick and spread the disease to others. That's why it's important to recognize the symptoms, follow prevention steps, and get vaccinated. Any child who becomes sick at camp should receive medical care right away. The health director or camp director should also be notified.**

### Know the signs and symptoms of measles.

Symptoms start 7 to 14 days after exposure but may take as long as 21 days. Symptoms start with a high fever, cough, runny nose, and red/watery eyes. A rash usually starts 2 to 4 days after the fever begins. It spreads from the face and neck to the body, arms, and legs. People with measles are contagious about 4 days before they develop the rash.



### Steps to prevent measles:

- 1. Get vaccinated.** Be sure you and your family are fully vaccinated with the measles vaccine. It is safe and effective. Two doses of the MMR (measles, mumps, rubella) vaccine provide the best protection.
- 2. Know the immune status of campers and staff.** You are considered immune if you have a written record of two doses of the MMR vaccine, if you have a laboratory test showing immunity, or you were born before 1957. If you are not sure about immunity, talk to a health care provider before going to camp.
- 3. Practice good hygiene.** Wash your hands often with soap and warm water for at least 20 seconds. Scrub between fingers, on the backs of your hands, and under nails. Cough or sneeze into a tissue or your elbow. Put used tissues in a lined waste bin or a trash can with a lid. This will help reduce the risk of germs spreading in the air and on surfaces.
- 4. Avoid contact and stay home when sick.** Stay away from people who have measles until they are no longer contagious. If you are sick, protect others by staying home until you are no longer contagious.
- 5. Call ahead before seeking medical care.** If you think you or a family member has measles, call before seeking medical care. This will help the office, clinic, or emergency department take steps to prevent others from being exposed to measles.

*Need a vaccine or want to learn more about how to prevent measles?  
Call your health care provider or your local health department. For more information, visit:*

**[health.ny.gov/measles](http://health.ny.gov/measles)**



**Department  
of Health**