

# Staying Isolated While Awaiting Measles Test Results

## What Does Isolation Mean?

- ▶ **It's important to stay isolated while waiting for your measles test results.** Staying isolated means staying home from work, school, and other activities—and away from others outside of your household. This helps protect your friends, family, and community from potential exposure to the virus that causes measles. Measles spreads very easily through the air when an infected person coughs or sneezes. It can also live on surfaces.

## Symptoms Monitoring:

- ▶ **Please monitor your symptoms closely.** Typical symptoms of measles include a high fever, cough, runny nose, red eyes, and a rash that spreads across the body, usually starting at the hairline. If your symptoms worsen or you experience difficulty breathing, please contact a healthcare provider right away.



## Measles Can Be Prevented Through Vaccination

If you're not already vaccinated, discuss getting the measles, mumps, and rubella (MMR) vaccine with your healthcare provider. Vaccination is safe, and it is the best way to prevent measles infection. Thank you for helping to keep our communities safe from measles!

## Preventive Measures While in Isolation:

- ▶ **While in isolation,** you should cover your mouth and nose with a tissue when you cough or sneeze and dispose of the tissue properly. Wash your hands frequently with soap and water for at least 20 seconds, especially after coughing or sneezing.

If you share a household with vulnerable family members such as infants who are too young to get vaccinated or people who are immunocompromised, try to stay in your own room away from others. You should wear a well-fitting mask if you have to leave the room to go to the bathroom. If possible, open the windows to increase ventilation and have meals brought to your room by someone who has received two doses of the MMR vaccine.

## Duration of Illness:

- ▶ **You should remain isolated until you receive instructions from your doctor or the health department.** If your measles test is positive, you will need to continue isolating until you are no longer infectious. This is usually 4 days after the rash has appeared. If your test results are negative, you will no longer need to isolate.

