

Measles

Information for Child Care Centers

Measles in a child care center can be serious and disruptive. The Centers for Disease Control and Prevention recommends that adults, including childcare center staff, as well as children be protected against measles and get vaccinated, if needed, according to their age and health status. Child care centers should follow their state and local regulations. Additionally, child care centers should:

- Follow their state requirements for documenting immunization of children in the center. More information on which immunizations are required for each age group can be found at <http://www.cdc.gov/vaccines/parents/record-reqs/childcare-school.html>
- Encourage families to speak with their doctor about their child's vaccination status. Child care providers should also encourage parents to contact their doctor about any symptoms the child may have that are consistent with measles.
- Promptly notify state or local public health officials of any suspected measles cases and take steps to minimize the risk of measles spreading to other children. These steps include promptly cleaning the areas in which children with suspected or confirmed measles were present, notifying parents in the center, and ensuring that unvaccinated children remain at home for 21 days after exposure to the last measles case.
- Know that measles is a highly contagious respiratory disease caused by a virus. It spreads through the air through coughing and sneezing. Measles starts with a fever, runny nose, cough, red eyes, and sore throat, and is followed by a rash that spreads all over the body. An infected person can spread measles to others even before developing symptoms—from four days before they develop the measles rash through four days afterward. Children younger than 5 years of age and adults older than 20 years of age are at high risk of getting a serious case of measles.

The best way to protect against measles is to get the measles-mumps-rubella vaccine shot (called the MMR shot). CDC recommends routine childhood immunization for MMR vaccine starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age or at least 28 days following the first dose. Easy-to-read immunization schedules for all ages are available at <http://www.cdc.gov/vaccines/schedules/index.html>.

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