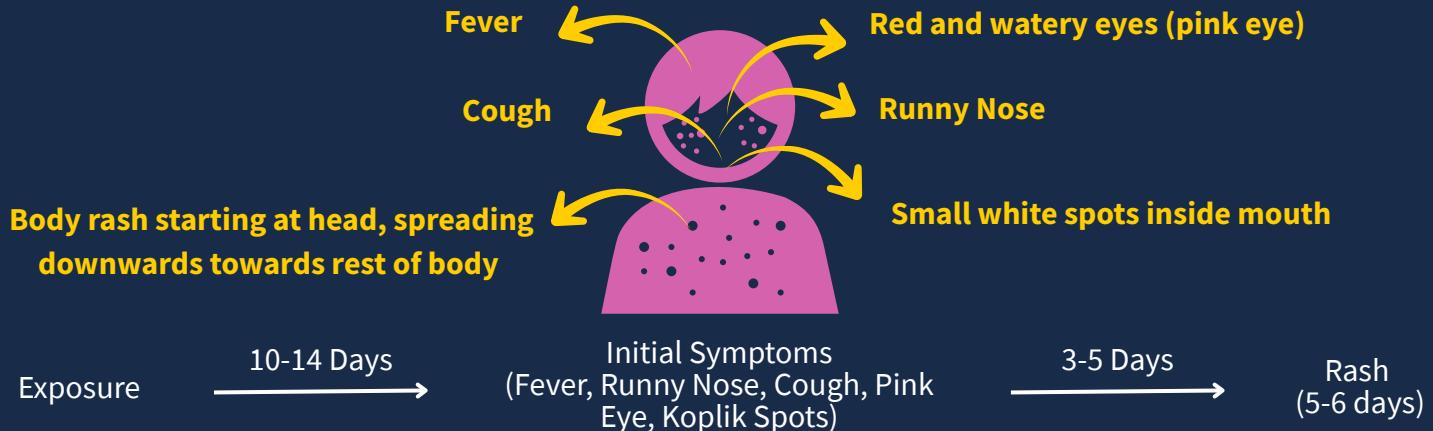


# MEASLES

## ISN'T JUST A RASH

Measles is a **highly contagious viral disease** caused by the measles virus, also known as rubeola. Infected people can **spread the virus** to others from **four days before the rash** appears. The virus can remain viable **in the air for up to two hours** after the infected person has left the area.



### IF INFECTION IS SUSPECTED

- + **Mask, isolate and call** Student Health Services at **(858) 534-3300** or log on to **MyStudentChart** and send a message to **“Student Health Ask a Nurse”** immediately.
- + Your doctor can determine if you have measles, have immunity or make arrangements to evaluate you.
- + If no documented immunity and exposed, required to quarantine for up to **21 days after exposure**.

### IF TESTED POSITIVE FOR MEASLES

- + **Isolate four days before and four days after the rash onset.** Do not report to classes or work until the isolation period is complete and approved by San Diego County Public Health\*.
- + Students violating isolation or quarantine orders can be **reported to SAGE** for non-compliance.
- + **Rest** and receive adequate **nutrition** and **fluids**.

\*Please Note: Students violating isolation or quarantine orders can be reported to the Center for Student Accountability, Growth and Education (SAGE) for non-compliance.

### PREVENTION

- + Confirm MMR vaccination status (2 doses) or check immunity
- + Get the MMR vaccine
- + Seek medical care
- + Practice good hand hygiene
- + Wear a mask

### QUESTIONS?

For everything you need to know:



Thank you for doing your part to  
keep our Triton community safe!