

DOH Measles Video – ASL, short version

Hello. This is a message from the Washington State Department of Health about measles.

Measles is a virus that spreads easily from person to person. It can make people very sick.

Symptoms of measles include:

- Fever
- Cough
- Runny nose
- Red, watery eyes
- Rash that usually starts on the face and then spreads down the body—to the neck, chest, arms, and legs.

Vaccination helps protect your family and your community. Two doses of the MMR vaccine give strongest and safest protection against measles, mumps and rubella.

If you were exposed to measles, check if you have had the MMR vaccine. If you are not vaccinated or are not sure, stay home and watch for symptoms for 7 to 21 days.

If you have any measles symptoms, immediately call your doctor or health care provider. Do not go to a healthcare office without calling first. Calling ahead helps prevent exposing others. If you become sick, stay home and isolate yourself from other household members as much as possible.

Measles is serious, but prevention works. Protect yourself, protect your family, and protect your community.