

I have measles, now what?

You need to remain in isolation. What does this mean?

- You are very contagious to others. People with measles are contagious from four days before they get a rash until five days after the rash starts.
- You must stay at home until the 5th day after your rash started (rash onset is day zero).
- If possible, stay in a separate room from others and use a separate bathroom. Consider wearing a mask if you can tolerate it to reduce exposure to others.
- Turn on bathroom and kitchen fans that vent outdoors and open windows or doors to let in fresh air.
- Wash your hands frequently and disinfect surfaces.
- Do not have visitors in your home.
- Do not go to work, school, childcare, extracurricular activities, shopping, or any public areas.
- Only leave home for medical care and call ahead, if possible, to the doctor's office so arrangements can be made to avoid exposure to others.
- If you need to go to the doctor, do not use public transportation.
- If you need groceries or medications, arrange for contactless delivery.
- After you have recovered, if you have not previously been immunized with the MMR (measles, mumps & rubella) vaccine, it is still a good idea to do so. It will protect against future possible infections with mumps or rubella.

What about symptoms?

- There are no medications to treat measles. Sometimes medications will be used if other infections develop.
- Make sure to drink plenty of fluids to stay hydrated.
- If you have a fever, you can use acetaminophen or ibuprofen to help control it.
- Measles is a dangerous disease, and your condition can change rapidly.
- Monitor closely for worsening symptoms and contact your doctor to arrange medical care if
 - You have trouble breathing, a fever > 103° F, severe headache, or confusion.
 - Your child has measles and has trouble breathing, is unable to drink fluids, is hard to wake when sleeping, or has multiple episodes of diarrhea.
 - You have other concerning symptoms or questions.
- Call 911 or go to the emergency room if you need emergency care.

If you have questions, contact North Dakota Department of Health & Human Services at 701-328-2378.

Sources: Children's Hospital of Philadelphia and Johns Hopkins Bloomberg School of Public Health
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