

## What should I do if I've been exposed to measles?

Immunization Status	Recommendations
Documentation of 2 doses of MMR	<ul style="list-style-type: none"> <li>You are well protected, and infection is unlikely. Two doses of MMR vaccine are about 97% effective against measles.</li> <li>Monitor for symptoms of measles (fever, cough, runny nose, red, water eyes, and/or rash) for 21 days following exposure. If symptoms develop, stay home (do not go to work, school, shopping, etc.) and call your doctor immediately to report the exposure and symptoms. Follow your doctor's guidance to be seen and evaluated.</li> </ul> <p>If your immune system is weakened by disease or medications:</p> <ul style="list-style-type: none"> <li>Do not wait for symptoms to develop; call your doctor immediately after you are aware of exposure. You might need a medication called immunoglobulin for additional protection.</li> </ul>
Documentation of 1 dose of MMR	<ul style="list-style-type: none"> <li>You should get a 2nd dose of MMR vaccine within 3 days of your exposure and at least 28 days after your first dose. One dose of MMR vaccine is about 93% effective against measles.</li> <li>Monitor for symptoms for 21 days after your last exposure. If symptoms develop, stay home and call your doctor. Follow your doctor's guidance to be seen and evaluated.</li> </ul> <p>If your immune system is weakened by disease or medications:</p> <ul style="list-style-type: none"> <li>Do not wait for symptoms to develop; call your doctor immediately after you are aware of exposure. You might need a medication called immunoglobulin for additional protection.</li> </ul>
Unvaccinated with documentation <sup>1</sup> of immunity, past measles infection, or born before 1957	<ul style="list-style-type: none"> <li>You are considered immune to measles.</li> <li>You do not need to quarantine.</li> <li>Monitor for symptoms for 21 days following last exposure. If symptoms develop, stay home and call your doctor. Follow your doctor's guidance to be seen and evaluated.</li> </ul>
Unvaccinated and NO documentation of immunity or past measles infection	<ul style="list-style-type: none"> <li>You are likely NOT IMMUNE to measles and could get sick and make other people sick.</li> <li>Immediately quarantine (no visitors, shopping, work, school, or religious services) at home and monitor for symptoms for 21 days after your last exposure.</li> <li>Unvaccinated individuals cannot test out of quarantine. If a quarantined individual is tested for measles and that test result comes back negative they should complete the entire 21 day quarantine regardless of any symptoms.</li> </ul> <p>If you are NOT pregnant, do NOT have a weakened immune system, are at least 6 months old, and were exposed within the last 72 hours, you should get a dose of MMR vaccine to help lower your risk of getting measles.</p> <ul style="list-style-type: none"> <li>If you receive a dose of MMR vaccine within 72 hours of exposure, you may return to school, work, or other normal activities UNLESS you are a healthcare worker.</li> <li>If you do not get a dose of MMR vaccine within 72 hours, you must quarantine at home and monitor for symptoms for 21 days after your last exposure. If symptoms develop, stay home and call your doctor. Follow your doctor's guidance to be seen and evaluated.</li> </ul> <p>If you were exposed between 3 and 6 days ago, an MMR vaccine dose will not adequately protect you from measles. You might need a medication called immunoglobulin for additional protection, and you will need to quarantine at home and monitor for symptoms for 28 days after your last exposure.</p> <p>If you ARE pregnant, HAVE a severely weakened immune system, or are &lt;6 months old you CANNOT receive the MMR vaccine.</p> <ul style="list-style-type: none"> <li>If you were exposed within the last 6 days, you might need a medication called immunoglobulin for protection against measles infection.</li> <li>Whether or not you receive immunoglobulin, you will need to quarantine at home and monitor for symptoms for 28 days after your last exposure.</li> </ul>

<sup>1</sup> If an exposed individual can produce a blood test showing antibodies (also called an IgG antibody test) quarantine may be discontinued. HHS does not advise leaving quarantine for serologic testing.

Sources: CDC, American Academy of Pediatrics  
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