

# Measles is in Colorado... what should I do now?

Douglas County has one of the highest rates of fully vaccinated school-aged children: **95.5%**. If you have two doses of MMR, you are **97% protected** from measles.



## Check your vaccination status

- The CDC recommends two doses of the MMR vaccine.
- If you do not know if you need a shot of MMR, call your doctor.



## Wash your hands

- Measles can live on surfaces for up to 2 hours.
- Wash your hands often with soap and warm water to prevent germs.



## Stay home

- If you may have measles, or have been around someone who has measles, stay home.
- Measles is contagious and is spread by coughing, sneezing, and touching surfaces.



## Call your doctor

- If you think you have measles, call your doctor.
- If you are unvaccinated, the recommended treatment for measles is one dose of the MMR vaccine.

If you need a low-cost MMR vaccine, check the Health Department website or call the number below.

To learn more about measles, visit the Douglas County Health Department's website:  
[douglas.co.us/health-department/measles](https://douglas.co.us/health-department/measles)