

Instructions for People Exposed to Measles Who Are Not Immune and Received Immune Globulin

You received immune globulin medicine because you were exposed to measles and are not immune.

Here is what you need to know about measles:

- Measles is a virus that spreads through respiratory secretions and by breathing the same air as someone who has measles.
- Measles is very contagious. A person can be contagious from four days before they get a rash until the fifth day after the rash starts.
- The first symptoms of measles are fever, followed by cough, runny nose, and red, watery eyes. Later symptoms include rising fever and a rash all over the body.
- Measles can also cause ear infection, diarrhea, pneumonia, miscarriage, brain inflammation, hospitalization, and even death.

Here is what you need to know about immune globulin:

- The immune globulin you received will lower your chance of getting measles. Even though you took the medicine, you can still get sick from measles and spread it to others.
- If you do get measles, the immune globulin may make your symptoms less severe.

Because people can spread measles to others before the rash even begins, you could be contagious now. Here is what you should do for 28 full days (the time when you could get sick and infect other people) after your measles exposure:

- Stay home and away from other people, unless you need medical care.
- Avoid having visitors to your home.
- Do not go out shopping or to work, school, or religious institutions.
- Make sure everyone in your home is up to date with their measles vaccine.

Date of measles exposure: _____

Date when you can resume normal activities: _____

If you get sick and need to see a health care provider, call before you go to let them know you may have measles so they can schedule your appointment at a time when other patients will not be exposed (such as after hours). Your provider's office may ask you to use a different entrance.

At your appointment, tell your provider you received immune globulin, the date you received it, and the type you received (intramuscular or intravenous). You should also show them this letter.

Note: You should wait at least six months after receiving intramuscular immune globulin or at least eight months after receiving intravenous immune globulin before getting MMR (measles, mumps, and rubella) or varicella (chickenpox) vaccines.