MEASLES

Protect Your Family. Protect our Community.

Minnesota is currently experiencing measles activity. On October 15, 2026, MDH reported 42 cases statewide this year, including 25 cases since mid-September in Fillmore and Todd counties. All 25 people in those recent clusters were unvaccinated.

1 KNOW THE SIGNS

High fever • Cough • Runny nose • Red, watery eyes • Rash that starts on the face and spreads downward.

Symptoms usually begin 8–12 days after exposure.

2 IT SPREADS EASILY

Measles can linger in the air for up to 2 hours. A person can spread measles from 4 days before to 4 days after their rash appears.

Up to 9 in 10 people without immunity may get measles after close exposure.

3 VACCINATION PROTECTS

Two MMR doses are about 97% effective.

Children: first dose at 12–15 months; second at 4–6 years. Ask a healthcare provider about adult protection and early infant vaccination for travel or outbreaks.

4 MEASLES CAN BE SERIOUS

Complications include pneumonia, ear infections, diarrhea, and brain swelling.

Young children, adults 20+, pregnant people, and people with weakened immune systems face greater risk.

EXPOSED OR FEELING SICK?

Stay home and CALL a healthcare provider BEFORE visiting. After exposure, time-sensitive protection may be available—call right away.

White Earth Nation
TRIBAL PUBLIC HEALTH
Prevent. Promote. Protect

White Earth Nation
Tribal Health Division
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For more information about measles, visit:
https://www.health.state.mn.us/diseases/measles/index.html