Measles Warning Signs and MMR Record Checklist

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1. If you suspect measles

[ ] Call your doctor or clinic BEFORE going in, so they can protect other patients.

[ ] Stay home and away from others until your doctor says you are no longer contagious.

[ ] Exposed and not sure you are immune? Call your doctor right away. MMR within 72 hours, or immune globulin within 6 days for high-risk people, may help.

2. Go to an emergency department now if you see

[ ] Trouble breathing, fast breathing, or pain when breathing or coughing

[ ] Signs of dehydration: dry mouth and nose, little urine, crying without tears

[ ] A fever or headache that will not go away

[ ] Confusion, unusual drowsiness or severe weakness

[ ] Young children: blue color around the mouth, low energy, trouble feeding

Have someone call ahead so the hospital can prepare for a measles patient.

3. What to say when you call ahead

"I think [name, age] may have measles. Symptoms started on [date]: [fever / cough / red eyes / rash]. Their MMR status is [2 doses / 1 dose / none / unknown]. How should we arrive so we don't expose others?"

4. Family MMR record check

US schedule: dose 1 at 12 to 15 months, dose 2 at 4 to 6 years. Adults need at least 1 documented dose; some need 2. Two doses are about 97% effective (CDC).

Name	Date of birth	MMR dose 1 (date)	MMR dose 2 (date)	Action needed

No homeopathic product, including nosodes sold as "Morbillinum", is a vaccine or a substitute for one (Health Canada, NCCIH). This checklist contains no remedies or doses.