

Measles Symptoms: When to get Medical Care

September 2026

Measles can cause serious health problems and, in rare cases, can be deadly.

Measles often starts with a cough, runny nose and red eyes. A rash and a fever over 101°F (38°C) usually follow.

If you think you have measles, contact a healthcare provider.



If you have any of these symptoms, go to the emergency room immediately:

- A hard time breathing or breathing faster than normal
- Signs of severe dehydration (dry nose and mouth, urinating less than usual)
- Confusion, decreased alertness or severe weakness
- For young children: a blue color around the mouth, crying without making tears, unusually low energy or severe loss of appetite

Have someone call the ER to let them know a person with measles is coming in so they can see you away from other patients.

If you need help accessing or understanding this information, contact

AHS.VDHVaccinePrevEpi@vermont.gov



HealthVermont.gov/Measles
802-863-7200

