

## Measles and Immunocompromised Patients

### What is measles?

Measles is a dangerous disease caused by a virus. It spreads easily through the air from person to person. Measles can become life-threatening and needs to be taken seriously.

### What does it mean to be immunocompromised?

People who are immunocompromised have a weakened system that fights off diseases. Cancer and cancer treatments can often damage the defenses against viruses. This includes defenses that you build up naturally or through vaccines.

### What should I know?

If you are immunocompromised, you have a higher risk for severe complications from measles. It's also important to know that you may not have the same signs and symptoms of measles as others. It is important to avoid exposure as there is no specific treatment or cure.

### What should I do?

To avoid measles:

- Wear an N95 when outside of your home. This includes when you are in healthcare facilities, waiting rooms, clinic visits, or infusion centers.
- Avoid traveling to areas with measles outbreaks, including international travel.
- Avoid being in large crowds.
- **Do not get a measles vaccine**, such as the MMR, unless told by your cancer care team.
- Household members should be vaccinated for measles if possible.

### What if I care for or live with someone who is immunocompromised?

- Household members and visitors should be fully vaccinated for measles with 2 MMR vaccines. In some cases, people born before 1957 who had measles or others who have shown immunity in lab tests should not be able to get or spread measles.
- Household members and visitors with any respiratory symptoms or feeling sick should keep away from your loved one.
- Vitamins, supplements, and healthy lifestyles do not keep anyone from spreading measles.

### What is considered an exposure to measles?

An exposure means sharing the same air with someone infected with measles. This includes being in the same area, such as same house, church, or store, as an infected person. It is an exposure if you are there at the same time or within 2 hours of the infected person leaving.

### What do I do if I feel I've been exposed?

If you know or think you have been exposed to measles:

- Contact your cancer care team. Be ready to give more information about the exposure. **Do not come to Huntsman Cancer Hospital until you have spoken to your provider** and have been given next steps.
- Contact your local health department. Visit [www.naccho.org](http://www.naccho.org) to find one in your area.