| **Date** | **Twitter/Facebook/Instagram** | **Image** | **Alt Text** |
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|  | **What Is Measles?**  Measles is a **very contagious disease**, but it can be prevented with a vaccine.  It spreads through the air and by close contact with someone who is sick.  The virus can stay in the air for **up to two hours** after a person leaves the area.  👉 Learn more about measles: <https://www.dph.ncdhhs.gov/programs/epidemiology/communicable-disease/measles> |  | Up close image of a measles rash with the words “What is Measles?” on top of the image. Footer includes the NCDHHS, Division of Public Health logo. |
|  | **What is measles?** It’s a very contagious viral illness with symptoms of fever, cough, and rash. Measles can be very serious and may cause pneumonia, brain inflammation, and death. The best protection against measles is the measles vaccine (MMR). Learn more: [cdc.gov/measles/signs-symptoms/index.html](http://cdc.gov/measles/signs-symptoms/index.html) |  | Image showing icons for the three main measles symptoms: fever, cough and rash. Footer includes the NCDHHS, Division of Public Health logo. |
|  | 📊 **New Measles Dashboard Available**  To keep the public informed, NCDHHS has launched a **Measles Cases and Outbreaks Dashboard**.  The dashboard is updated **twice a week — Tuesdays and Fridays** — with the latest case and exposure information.  No personal information is shared.  👉 View the dashboard here: <https://www.dph.ncdhhs.gov/programs/epidemiology/communicable-disease/infectious-respiratory-diseases/measles-rubeola/measles-cases-and-outbreaks-north-carolina> |  | Footer includes the NCDHHS, Division of Public Health logo. |
|  | 🛡️ **Protect Yourself and Your Family from Measles**  The best way to prevent measles is **vaccination**.  NCDHHS recommends that **anyone age 1 year and older** who is not vaccinated get the measles vaccine. Vaccination helps protect you — and the people around you.  👉 Find vaccine information: <https://www.dph.ncdhhs.gov/programs/epidemiology/immunization/details/mmr-vaccine>  OR  🛡️ **Protect Yourself from Measles**  The best way to prevent measles is **vaccination**.  NCDHHS recommends that **anyone age 1 year and older** who is not vaccinated get the measles vaccine.  👉 Learn more: <https://www.dph.ncdhhs.gov/programs/epidemiology/immunization/details/mmr-vaccine> |  | Image of a doctor placing a Band-Aid on a child’s arm. The text says “The best way to prevent measles is vaccination.” Footer includes the NCDHHS, Division of Public Health logo.  Image of a toddler showing her strong arm with a Band-Aid on it. The text says “The best way to prevent measles is vaccination.” Footer includes the NCDHHS, Division of Public Health logo. |
|  | NOT SURE YOU’RE PROTECTED AGAINST MEASLES? Check your immunity. If you’ve had two doses of the MMR vaccine, you’re likely protected. Don’t guess—it’ easy to check: <https://www.dph.ncdhhs.gov/programs/epidemiology/communicable-disease/infectious-respiratory-diseases/measles-rubeola/check-your-immunity-measles>  OR  NOT SURE YOU’RE PROTECTED AGAINST MEASLES? **Check your immunity.** Take the self-guided immunity check to see what applies to you. (It’s for education and your responses **aren’t recorded**.) Your health care provider is your most trusted source for measles immunity questions. |  | Image shows a classroom full of students with the words “Not sure you’re protected against measles? Check your immunity.” Footer includes the NCDHHS, Division of Public Health logo. |
|  | ✈️ **Traveling Soon? Plan Ahead**  If you plan to travel — either **outside the U.S.** or to an area with a measles outbreak — talk with your health care provider about getting vaccinated **before you go**.  👉 Learn more about measles and travel: <https://www.dph.ncdhhs.gov/programs/epidemiology/immunization/you-and-your-family/travelers>  OR  The measles, mumps, and rubella (MMR) vaccine is the only way to protect yourself against measles while traveling. Talk to your doctor and plan to be*fully vaccinated* at least two weeks before your trip. Learn more at <https://www.cdc.gov/measles/travel/index.html> |  | Image showing people traveling with the text “Traveling soon? Plan ahead” on top of the image. Footer includes the NCDHHS, Division of Public Health logo.  Image showing people traveling. Footer includes the NCDHHS, Division of Public Health logo. |
|  | ⚠️ **Think You Were Exposed to Measles?**  Check the list of measles exposure locations to see if you may have been exposed.  If you were exposed but **do not have symptoms**, testing is **not recommended**.  👉 Check exposure locations here: [<https://www.dph.ncdhhs.gov/programs/epidemiology/communicable-disease/infectious-respiratory-diseases/measles-rubeola/measles-cases-and-outbreaks-north-carolina>    OR  ⚠️ **Were You Exposed to Measles?**  Check the list of measles exposure locations to see if you may have been exposed.  If you were exposed but **do not have symptoms**, testing is **not recommended**. Watch for symptoms for **7 to 21 days**, including fever and rash.  If symptoms develop:   * Contact your local health department * Stay away from others * Call ahead before visiting a doctor or ER   👉 See exposure locations and next steps: <https://www.dph.ncdhhs.gov/programs/epidemiology/communicable-disease/infectious-respiratory-diseases/measles-rubeola/measles-cases-and-outbreaks-north-carolina> |  | Image showing a collage of crowded places (classrooms, airport, and shopping center) with text on top that says, “Were you exposed to measles?”. Footer includes the NCDHHS, Division of Public Health logo.  Image showing a crowded airport with text on top that says, “Were you exposed to measles?”. Footer includes the NCDHHS, Division of Public Health logo.  Image showing a crowded mall with text on top that says, “Were you exposed to measles?”. Footer includes the NCDHHS, Division of Public Health logo.  Image showing a crowded classroom with text on top that says, “Were you exposed to measles?”. Footer includes the NCDHHS, Division of Public Health logo. |
|  | 👀 **Watch for Measles Symptoms**  Symptoms can appear **7 to 21 days** after exposure. Common symptoms include **fever and rash**.  If symptoms develop:   * Contact your local health department right away * Stay away from other people * Call ahead before visiting a doctor or emergency room   👉 Learn more: <https://www.dph.ncdhhs.gov/programs/epidemiology/communicable-disease/measles> |  | Image of a calendar with text that says “Symptoms can appear 7 to 21 days after exposure.” Footer includes the NCDHHS, Division of Public Health logo. |
|  | 💉 **Where to Get the Measles Vaccine**  You can get the measles vaccine (MMR) from:   * Your health care provider * Your local health department   Some children may qualify for the **Vaccines for Children program** and receive the vaccine at no cost.  <https://www.dph.ncdhhs.gov/contact/LHD> |  | Image of a map with location markers on it. The text on top saying “Where to get the measles vaccine?” Footer includes the NCDHHS, Division of Public Health logo. |
|  | ❤️ **Why Vaccination Matters**  Measles can cause serious health problems, including:   * Pneumonia * Brain swelling * Diarrhea * A weakened immune system   Parents are urged to make sure children are up-to-date on all vaccines.  👉 Learn more about the MMR vaccine: <https://www.dph.ncdhhs.gov/programs/epidemiology/communicable-disease/measles> |  | Image of an MMR vaccine vile with the words “Why vaccination matters,” on top of the photo. Footer includes the NCDHHS, Division of Public Health logo. |
|  | 💉 **Why Measles Vaccination Matters**  Measles is **very contagious**, but it can be prevented with a vaccine. You can get the measles vaccine (MMR) from your health care provider or local health department. Some children may qualify to receive the vaccine **at no cost**.  Not sure if you’re protected? Use the **measles immunity checker**.  👉 Learn more and check your immunity: <https://www.dph.ncdhhs.gov/programs/epidemiology/communicable-disease/infectious-respiratory-diseases/measles-rubeola/check-your-immunity-measles> |  | Image of a child coughing in class with the words “Measles is very contagious.” Footer includes the NCDHHS, Division of Public Health logo.  Up close image of a measles rash with the words “Measles is very contagious.” Footer includes the NCDHHS, Division of Public Health logo. |