



Measles Guidance for Students, Faculty and Staff

Friday, April 3, 2026

Overview

This guidance outlines what students, faculty, and staff should do if they are exposed to measles, develop symptoms, or are diagnosed. These actions are intended to protect the health and safety of the campus community and align with Salt Lake County Health Department requirements. This document is not medical advice.

Vaccine coverage of at least 95% with both doses of measles vaccine prevents outbreaks and protects communities. Our student data indicates that we are at 97% vaccinated, indicating that the campus is a relatively lower-risk community.

About Measles

What is measles and how does it spread?

Measles is a highly contagious airborne illness that spreads when an infected person breathes, coughs, or sneezes. The virus can remain in the air for up to two hours after an infected person leaves an area. Anyone who is not immune is at risk.

What are the symptoms of measles?

Symptoms typically appear 7–14 days after exposure and may include high fever, cough, runny nose, red watery eyes, white spots in the mouth, and a rash that begins on the face and spreads downward. The rash usually starts 3-5 days after other symptoms appear.

When is someone contagious?

A person who is sick with measles can spread the virus from 4 days *before* the rash appears to 4 days *after* the rash appears. The Salt Lake County Health Department will provide guidance when you can return to campus.

Definitions

- **Immunity:** 2 MMR doses or serologic test of immunity. Individuals born before 1957 are assumed to have immunity. ([CDC: Evidence of Immunity](#))
- **Exposure:** Being in a location where measles virus may be present.
- **Quarantine:** Required separation after exposure if not immune.
- **Isolation:** Required separation when sick or diagnosed.

Prevention

Vaccination is the most effective protection. Two doses of MMR are about 97% effective. In addition to vaccination, wearing a high-quality mask such as an N95 or KN95 can reduce exposure risk, especially after exposure or during outbreaks. Stay home when sick.



What to Do if You are Exposed

If you are vaccinated

- Monitor for symptoms for 21 days.
- No quarantine required.
- Stay home if any symptoms develop.

If you are not vaccinated

- You should quarantine and are excluded from campus activities for up to 21 days.
- Do not attend classes, work sites, or campus activities.
- Remain at home and avoid public contact.

What to Do if You Are Sick or Diagnosed

If you develop symptoms

- Stay home immediately. (See the Housing section below if you live on campus.)
- Monitor the severity of your symptoms and seek medical care as appropriate.
- Do not visit healthcare facilities without calling first.
- If you need medical care, use virtual care options when possible.
- See contact information below for details.

If diagnosed with measles

- Isolate immediately
- Remain isolated until at least 4 days after rash onset.
- Follow all public health guidance. You may be contacted by the Salt Lake County Health Department (385-468-4194) to get more information about your case.

Housing

- Notify the Peterson Heritage Center front desk immediately. (801-587-2000)

Academics

- Notify your instructors
- Contact the Dean of Students for support (801-581-7066).
- Do not attend class during isolation or quarantine.

Work Responsibilities

- Notify your supervisor.
- Coordinate with your department or your department's Human Resource liaison for support.
- Do not report to work or be present on campus during isolation or quarantine.

Contacts

- For students, contact the Student Health Center: 801-581-6431 (M-F, 7:30-5)



- For employees, contact the Redmed Employee Health Clinic: 801-213-3303 (M-Th 8-5; F 9-3:30)
- For medical care, contact U Health Care Navigation: 801-587-0712 (M-F 7a-9p, Sat 7a-7p, Sun 8a-6:30p)
- Dean of Students: 801-581-7066 (M-F, 8-5)
- Center for Disability and Access: 801-581-5020 (M-F, 8-5)