

# Measles Alert !

2026/6/25

To internal students,

Measles cases, presumably brought in from overseas, have now been confirmed in Toyama Prefecture.

Please help prevent the spread of infection.

## Measures to Protect Yourself

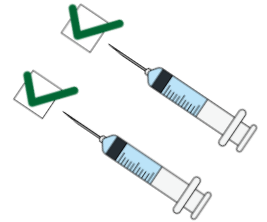
- **Get vaccinated (2 doses recommended).**

Please check your vaccination history (e.g., maternal and child health handbook). If unsure, consult a doctor.

- **Monitor your health daily.**

When traveling to affected areas, please avoid crowds and limit use of public transportation when possible.

Check vaccination status before travel and monitor your health after returning.



## Common Measles Symptoms

- High fever
- Cough
- Runny nose
- Red and/or watery eyes
- Rash (breaks out 3-5 days after symptoms begin).



## Key Facts

- Measles spreads through the air and is highly contagious.
- It may lead to serious complications.  
(e.g., pneumonia, encephalitis)



## To Prevent Spread

- If you have any symptoms, please stay home.
- If you suspect measles, please call the hospital before visiting.

**STAY HOME**  
IF YOU HAVE SYMPTOMS



Health Administration Center, University of Toyama

Source: U.S. Centers for Disease Control and Prevention(CDC)