

MEASLES:

GET VACCINATED AND KNOW THE FACTS

What is measles?

Measles is a serious respiratory disease that is spread easily through coughing and sneezing. Severe cases of measles can cause health complications including pneumonia, ear infections, diarrhea, convulsions, brain damage and death.

What are the symptoms of measles?

Please notify your healthcare provider immediately if you or your child is experiencing the following symptoms:



Fever
(can become very high)



Cough



Runny nose



Conjunctivitis
(pink eye)



Rash running from the hairline to the face and neck



Tiny white spots with bluish-white centers found inside the mouth

How is measles spread?

Measles is very contagious and spreads:

- Through the air by infectious droplets (e.g. from coughing or sneezing)
- By an infected person, approximately 4 days before symptoms appear until 4 days after rash appears
- On the surfaces or in the air of rooms occupied by an infected person, for up to 2 hours after he/she leaves

How do I prevent measles?

GET VACCINATED. The vaccine available for measles also protects against mumps and rubella. It is known as the MMR vaccine, and 95 out of 100 who are fully vaccinated will be protected from measles.

Two doses of the MMR vaccine are recommended for children, the first to be administered between 12 and 15 months and the second between ages 4 and 6. Adults born after 1957 who have not been vaccinated should also receive 1-2 doses of the MMR vaccine. Different vaccination requirements may apply to adult healthcare personnel.

Consult with your healthcare provider to ensure you and your family are fully vaccinated.

For more information, visit www.cdc.gov/measles.