

FACTS ABOUT MEASLES

- Measles is one of the most contagious diseases. MMR vaccine provides the best protection.
- People can still get the MMR vaccine if they didn't get it as a child.
- The MMR vaccine is about 93% effective with one dose and 97% effective with two.
- Measles is sometimes called 'five-day measles', rubeola, or hard measles. Rubella, which is caused by a different virus is sometimes called 'three-day measles' or 'German measles'.
- Since the introduction of measles vaccine in 1963, measles cases have been reduced by 99%.



MEASLES SYMPTOMS TO WATCH FOR

- High fever
- Cough and runny nose
- Red, watery eyes
- Rash starting on the face and spreading to the rest of the body



If someone shows these symptoms, they should stay home and avoid contact with others.

Measles can spread four days before and after a rash appears. Use caution around infants and pregnant women if you are sick or exposed to measles. **Call a healthcare provider for guidance right away.**



877-829-4682



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**PROTECT
YOUR
FAMILY AND
COMMUNITY
FROM MEASLES**

**MMR Vaccine Protects Against
Measles, Mumps, and Rubella**

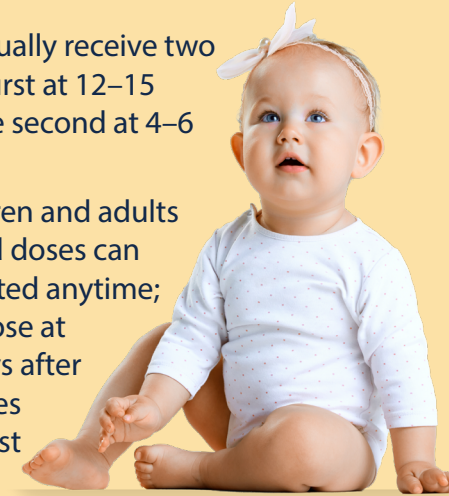




THE BEST PROTECTION: THE MMR VACCINE

The MMR (measles, mumps, rubella) vaccine is the best way to prevent measles.

- Children usually receive two doses: the first at 12–15 months, the second at 4–6 years
- Older children and adults who missed doses can get vaccinated anytime; a second dose at least 28 days after the first gives the strongest protection
- During an outbreak, infants 6–11 months may get an early vaccine dose



Measles is very contagious and can be serious, especially for young children and pregnant women.

- Measles symptoms appear 7 to 14 days after contact with the virus.
- Measles symptoms start with a high fever, cough, runny nose, and red, watery eyes.
- About 3-5 days later, a flat red rash starts at the hairline and spreads downward to the body.
- Common complications are ear infections and diarrhea.
- Severe complications are pneumonia (infection of the lungs) and encephalitis (swelling of the brain).
- Measles during pregnancy may cause a miscarriage, low birth weight, or stillbirth.

HOW MEASLES SPREADS

- Measles spreads through the air when a sick person breathes, coughs, or sneezes
- The measles virus can even remain in the air for up to 2 hours after someone infected left a room.
- **People infected with measles can spread the disease to others four days before and after a rash appears.**
- One sick person can infect nearly everyone nearby who is not protected



Ask a local clinic or health worker about vaccination for your household.



DID YOU KNOW?

Many families choose to vaccinate to protect children, pregnant women, and community. Getting vaccinated protects babies, pregnant women, and others who cannot get the vaccine. **Preventing measles also helps keep schools, religious gatherings, and workplaces running smoothly.**