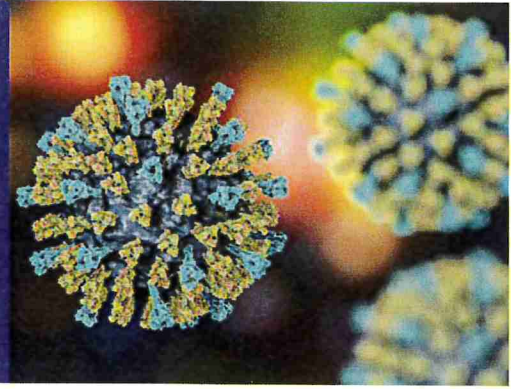


MEASLES



Measles is a disease that is caused by the measles virus. Measles starts with fever, runny nose, cough, red eyes, and sore throat. It is followed by a rash that spreads over the body. Measles disease can lead to ear infections and diarrhea. Serious side effects from measles can happen. Some children may get infection of the lungs (pneumonia) or swelling of the brain (encephalitis), which can sometimes lead to death.

**If you suspect your child has measles, call your health care provider immediately.
Make sure to keep your child away from others while they are ill.**

How is it spread?

- ▶ Measles is a virus that can easily be spread from person to person.
- ▶ The virus is one of the most easily spread diseases. It travels through the air on droplets of saliva. It is spread by a sick person coughing or sneezing.
- ▶ Measles virus can stay in the air for up to two hours after a sick person has been in a room.
- ▶ Infected people can spread measles to others four days before through four days after the rash appears.

What are the signs and symptoms?

- ▶ Runny nose
- ▶ High fever (may be greater than 104°F)
- ▶ Tiredness
- ▶ Cough
- ▶ Red, watery eyes, or conjunctivitis (“pink eye”)
- ▶ A red rash with raised bumps that starts at the hairline and moves to the arms and legs three to five days after symptoms begin

How can measles be prevented?

The best way to avoid getting sick from measles is to get vaccinated!

- ▶ The MMR vaccine protects against measles, mumps, and rubella.
- ▶ Two doses of MMR are needed for full protection. The first dose should be given at 12 through 15 months of age, and the second dose at 4 through 6 years of age.
- ▶ Children 12 months through 12 years of age may get the MMRV combination vaccine, which also protects against varicella (chickenpox).

Teens and adults should also be up to date on their vaccinations. Be sure to talk with your health care provider about being vaccinated against measles.

For more information on the vaccine, please visit: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mmr.pdf>

