

Measles

What You Need to know

What is measles?

- Measles is one of the **most contagious diseases** we know of. One person who is sick with measles can infect up to 18 other people.
- Measles spreads through **breathing, coughing, or sneezing**. It can live for 2 hours in an airspace.
- Unvaccinated people have a **90% chance** of getting sick with measles if they are exposed.
- **Those most at risk are:** young children, pregnant women, or those with a weakened immune system.



How serious is it?



1 out of 5 people who get measles will be hospitalized.



1 out of every 20 children with measles will get pneumonia, the most common cause of death from measles in young children.



1 out of every 1,000 people with measles will develop brain swelling, which may lead to brain damage.



1 to 3 out of every 1,000 people with measles will die.

What are the symptoms?

- Fever
- Runny nose
- Rash starting at the hairline and spreading to the arms, legs and body
- Cough
- Red, watery eyes

The first symptom is usually fever. A rash typically appears 2-3 days after a fever begins. People can spread measles starting 4 days before the rash appears and up to 4 days after it breaks out.

Is there a treatment for measles?

- There is no specific treatment. If you are sick, rest, drink fluids, and try to control the fever.
- Go to the hospital if you notice any complications with measles. Always call ahead to let the hospital know you have measles to avoid exposing others.

How can I protect my family?

- Two doses of the MMR (measles, mumps, rubella) vaccine is 97% effective, making it very effective at preventing measles.
- Vitamin A does not prevent measles. The only way to prevent measles is with the MMR vaccine.

Frequently Asked Questions

Is the measles vaccine safe?

- Research has shown that the measles vaccine (MMR) is safe and very effective. Getting vaccinated is much safer than getting measles. The vaccine may cause soreness, a low fever, or a mild rash, which are much milder than getting the measles virus.
- There is no link between the MMR vaccine and autism. Scientists in the U.S. and other countries have carefully studied the MMR vaccine. No links have been found.

Who should get the vaccine?

Children	Dose 1 at 12-15 months, Dose 2 at 4-6 years old
Adults born after 1957	1-2 doses if you haven't had it before
International travelers (6 months of age or older)	Get a dose before traveling if you haven't before

I've had the MMR vaccine, do I need another one?

- No, you do not need to be re-vaccinated. You typically have lifelong immunity once you've had the MMR vaccine or if you've had measles when you were younger.

How do I know if I'm immune?

- Check your health records to see if the MMR vaccine is listed.
- Call your doctor, school, employer, the military, or your local health department.
- Ask your doctor about a blood test, (known as a titer) to confirm your immunity.
- If you don't have any records, it is safe to get another dose.

If someone I know has measles, how do I protect my family?

- Look for MMR on your family's vaccination documents to make sure you are protected.
- Avoid contact with anyone who is sick. Someone with measles should isolate from others for 4 days after the rash appears.
- Babies are at high risk because they are too young to be vaccinated before 12 months old. During this time, be extra cautious about exposing your baby to someone who is sick.

Should pregnant women get the measles vaccine (MMR)?

- No. Pregnant women who need the vaccine should wait until after giving birth.
- Avoid getting pregnant for 4 weeks after getting the MMR vaccine.

Call 330-723-9688, option 2 to speak with a medical provider or a public health nurse.

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