

Measles



What is Measles?

Measles is an illness caused by a virus. Some measles cases can cause serious health complications, especially in children younger than 5 years old. Measles is very contagious and spreads quickly between people who are unprotected. The best protection against measles is the “Measles, Mumps, and Rubella” (MMR) vaccine. The MMR vaccine lasts a long time and protects against MMR infections.¹

What are common symptoms of measles?

Measles symptoms appear 7 to 14 days (1-2 weeks) after contact with the virus. Commonly including:

- High fever
- Cough
- Runny nose
- Red, watery, itchy, eyes
- Rash

How does Measles spread?

Measles is highly contagious. If one person has measles, it is easy for others to become infected if they are not protected. It spreads through tiny water droplets carrying the virus.

People can become sick by:

- Breathing in the droplets. This can happen when a person with measles coughs, sneezes, breathes, or talks
- Touching your mouth, nose, or eyes after touching objects covered in the droplets.²

Who is at risk?

Anyone who is not protected with the MMR vaccine is at risk of developing measles. Children younger than 5 are most at risk for serious health problems.³

How can I protect myself & loved ones?

Getting the measles (MMR) vaccine is the best way to protect yourself and your loved ones. The MMR vaccine is safe and effective.

- 1st dose: 12-15 months old.
- 2nd dose: 4-6 years old.

Talk to your healthcare provider about the MMR vaccine, **especially if you are planning to travel.**

References

1. Measles. CDC. Published May 9, 2024. <https://www.cdc.gov/measles/about/index.html>
2. Clinical Overview of Measles. CDC. Published July 15, 2024. <https://www.cdc.gov/measles/hcp/clinical-overview/index.html>
3. Measles. CDC. Published May 9, 2024. <https://www.cdc.gov/measles/about/index.html>