Measles



Measles is a highly contagious virus, meaning it can spread quickly between people. Some measles cases can cause serious health complications, especially in children younger than 5 years old. The best protection against measles is the measles, mumps, and rubella (MMR) vaccine. The MMR vaccine provides long-lasting protection against measles.[1]

What are common symptoms of measles?

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

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

How does Measles spread?

Measles is highly contagious. 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 if exposed. Children younger than 5 years are most at risk for serious health problems.[1]

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.

Children should routinely get 2 doses of MMR vaccine:

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

Adults and teens are recommended to have at least 1 documented dose of MMR.[3]

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

References

1. Measles. CDC. Published April 29, 2026. https://www.cdc.gov/measles/about/index.html
2. Clinical Overview of Measles. CDC. Published August 5, 2026. https://www.cdc.gov/measles/hcp/clinical-overview/index.html
3. Measles Vaccination. CDC. Published April 29, 2026. https://www.cdc.gov/measles/vaccines/index.html

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