

# THERE'S A CURRENT OUTBREAK OF MEASLES

**Measles is a very contagious disease caused by a virus. It can be dangerous, especially for babies and young children. Protect your family and your community.**



Measles spreads through the air when a sick person coughs or sneezes. The virus can stay in the air for 2 hours after a person with measles leaves the space. It is so contagious that about 9 out of 10 people who come near a person with measles and are not protected by vaccination will also become infected.

**Measles symptoms appear 7 to 14 days after contact with the virus. Common measles symptoms include:**



**High Fever**  
(may spike to more than 104°F)



**Cough**



**Runny Nose**



**Red and/or Watery Eyes**



**Rash**  
(breaks out 3-5 days after symptoms begin)



**Pneumonia**



**Swelling of the brain**  
(encephalitis)



**Possibly even death**



## The best way to protect against measles ...

is with the measles, mumps, and rubella (MMR) vaccine. It's never too late to get vaccinated. Vaccination helps protect you, the people around you, and your community. If you are not vaccinated, consider staying at home or away from crowded areas until measles cases in the area decrease, especially to protect people in your family that could get very sick.

**If you think that you or someone in your family have measles, stay away from others and call a healthcare provider, urgent care, or emergency room.**

# PREVENTING MEASLES

## BEFORE AND AFTER TRAVEL



Measles can be dangerous, especially for babies and young children. Severe measles can lead to hospitalization and even death.

### **Measles is still common in many parts of the world.**

Anyone who is not fully vaccinated against measles and travels internationally or to a place with a measles outbreak is at risk.



You can protect yourself and your children against measles with the measles, mumps, rubella (MMR) vaccine.

### **What to do BEFORE international travel**

1. Talk to your doctor, nurse, or clinic to make sure everyone is protected against measles.
2. Get the vaccine at least 2 weeks before you leave.
  - Babies 6 through 11 months old should get a dose of the MMR vaccine.
  - Everyone 12 months and older (including adults) should get 2 total doses before travel.
    - If you haven't been vaccinated before, get the 1st dose right away. You can get the 2nd dose 28 days later.
    - If you've gotten 1 dose before, get a 2nd dose before travel.
3. Even if your trip is less than 2 weeks away, you can still get 1 dose of the MMR vaccine.

**If you plan to travel to an area in the U.S. with a measles outbreak, talk to your doctor, nurse, or clinic to make sure everyone is protected against measles.**

### **What to do AFTER international travel or travel to a place with a measles outbreak**

1. Watch for measles symptoms for 3 weeks after you return. Measles is very contagious and can spread to others quickly.
2. Call the doctor or clinic RIGHT AWAY if:
  - You think you or your child have been exposed to measles.
  - You or your child gets sick with a rash and fever. Tell your doctor where you traveled, and if you and your child got the MMR vaccine.
3. If you or your child is sick with a rash and fever stay home until you talk to the doctor or clinic.



# DO YOU THINK YOUR CHILD HAS MEASLES?

## What to do if you think your child has measles

Measles usually starts with a fever, cough, runny nose, and red eyes that leads to a rash.

If someone in your family has measles symptoms:

**Keep them away from family members** that are not sick.

**Everyone in the house should stay home** to not get your neighbors or people outside of your home sick.

**Call a doctor or hospital right away** to let them know someone in your home is sick with measles. They will give you instructions.



## When to go to the emergency room

If the person who is sick gets rapidly worse or has any of symptoms below take them to the emergency department of a hospital immediately.



**Trouble Breathing**  
(or breathing faster than normal)



**Pain when breathing or coughing**



**Dehydration**  
(dry nose and mouth, urinating less, crying without making tears)



**Fever or headache will not stop**



**Confusion, decreased alertness, or severe weakness**



**Blue color around the mouth, low energy, or difficulty feeding**  
(for young children)

**DO NOT WAIT.**

Have someone call before you arrive. Let the hospital know a person with measles is coming.

# MEASLES

## IT ISN'T JUST A LITTLE RASH



**Measles can be dangerous, especially for babies and young children.**

**Measles symptoms typically include:**



**High Fever**  
(may spike to more than 104°F)



**Cough**



**Runny Nose**



**Red and/or Watery Eyes**



**Rash**  
(breaks out 3-5 days after symptoms begin)

## Measles can be serious.

Measles can cause severe health complications, including pneumonia, swelling of the brain (encephalitis) and death.



**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 1,000** people with measles will die.

### Long-term complications

A very rare, but deadly disease called subacute sclerosing panencephalitis can develop 7 to 10 years after a person has recovered from measles.



## You have the power to protect your child.

Provide your children with safe and long-lasting protection against measles by making sure they get the measles-mumps-rubella (MMR) vaccine. Talk to your healthcare provider.

# PREVENTING MEASLES

## BEFORE AND AFTER TRAVEL



Measles is still common in many parts of the world. Unvaccinated travelers who get measles in other countries continue to bring the disease into the United States.

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Give your child the best protection against measles with **two doses** of measles-mumps-rubella (MMR) vaccine:



1<sup>st</sup> dose at  
**12-15  
months**

2<sup>nd</sup> dose at  
**4-6  
years old**

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### Traveling abroad with your child?

Infants 6 to 11 months old need 1 dose of measles vaccine before traveling abroad. Children 12 months and older should receive 2 doses before travel. Check with your pediatrician before leaving on your trip to make sure your children are protected.

