

## What to Know About Measles

**Measles** (mee-zuhlz) is a serious disease caused by a virus. This virus spreads to the lungs and then throughout the body, including the brain.

### What do the disease symptoms of measles look like?

Symptoms appear seven to 11-12 days after exposure. The early symptoms of measles typically include:

- High fever.
- Cough.
- Runny nose.
- Red, watery eyes.

A rash develops around 14 days after exposure that typically starts on the face or hairline. The rash spreads to the trunk and lower extremities and lasts for five to six (5-6) days

### Can children get measles?

**Yes**, anyone can get measles at any age.

### Is my family or am I at risk of getting measles?

Measles disease is highly contagious and spreads through the air when an infected person coughs or sneezes. Individuals with measles can spread the disease up to four (4) days before and then four (4) days after the onset of a rash. Measles can stay in the air for up to two (2) hours after the infected person has left a room.

### What are the long-term effects of measles?

Three (3) out of ten (10) people who are infected with measles will have long-lasting side-effects. Complications are most common in children less than five years of age and adults which can include:

- Dehydration.
- Diarrhea.
- Ear infections.
- Pneumonia.
- Encephalitis (can lead to seizures).
- Death.

### Can you prevent measles?

**Yes**, the measles, mumps, and rubella (MMR) vaccine can prevent measles.

### How do you treat measles?

Because measles is a virus, antibiotics will not treat the disease. Hospitalization may be required to treat symptoms like severe dehydration and other long-term side effects of measles infection.

## How to Prevent Measles

### What vaccines are available to prevent measles?

There are two vaccines that can protect against measles. One is measles, mumps and rubella (MMR); a second vaccine (MMRV) protects against the chickenpox too. Talk with your trusted healthcare provider about your family's vaccination options.

### Who should get vaccinated and when?

People 12 months of age and older should receive two (2) vaccine doses against measles. Two (2) doses are required for full protection.

Anyone traveling out of the country should talk to their healthcare provider to learn if the measles vaccination is needed before traveling.

Please talk to your trusted healthcare provider if you have questions about your individual health.

### Are measles vaccines safe?

**Yes**, vaccines go through rigorous testing before approval and use.

### Are measles vaccines effective?

**Yes**, since the introduction of the vaccine there has been a large decrease of measles related infections and deaths.

### How long have measles vaccines been used?

Vaccines for measles have been in use since the 1960s.

### Why should my child get vaccinated?

Since the first dose of MMR is typically given at 12 months, most babies are not protected. It is important that everyone is vaccinated to protect the youngest members of the community. Measles complications are more common in younger children.

### What are the side effects of the measles vaccine?

Possible side effects of the vaccine:

- Soreness where the vaccine was given in the arm.
- Slight fever.

**Vaccines are the best method to prevent vaccine preventable diseases, including measles, that you or your family might come in contact during your daily activities such as, traveling to trade shows, weddings, picking up supplies, and hosting families.**

**Talk to your trusted healthcare provider today about measles vaccines for your child and family.**

### Sources:

[CDC: About Measles](#)

[CDC: Measles Signs and Symptoms](#)

[CDC: Measles, Mumps, Rubella Vaccines](#)

[CDC: How Measles Spreads](#)