

Protect Your Child from MEASLES

Measles spreads through the air when an infected person coughs or sneezes. It can remain in the air for up to two hours.

Symptoms of Measles

- High fever
 - Cough
 - Runny nose
 - Red, watery eyes
- Rash (3-5 days after initial symptoms):
- Typically starts on the hairline and face.
 - Spreads downward to the neck, trunk, arms, legs, and feet.



Other Symptoms:

Small white spots in the mouth, swollen lymph glands, fatigue



How to Prevent Measles

The MMR vaccine is the best way to prevent measles. One dose prevents measles about 93% of the time, and two doses prevent it about 97% of the time.

Kids should get two doses: the first between 12 and 15 months old, and the second between 4 and 6 years old. Teens and adults should also make sure they've had the vaccine. The MMR vaccine is safe and works well.



Those Most at Risk

- Children younger than 5
- Pregnant women
- People with weakened immune systems such as from leukemia or HIV infection

Should new parents and caregivers get vaccinated?

New parents and caregivers who have NOT:

1. been vaccinated against measles
2. had the measles disease

should get the MMR vaccine.



For more information, visit:

AAHealth.org/measles