

MEASLES OUTBREAK

Protect Families & Communities
with MMR Vaccine



The United States has had more than 1,000 cases of measles in 2019.



Measles is highly contagious respiratory disease caused by a virus. It can be serious for young children. Protect your families and communities by making sure everyone is up to date on measles vaccine, including before traveling abroad.

MEASLES

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, up to 9 out of 10 people around them will also become infected if they are not protected.

Measles starts with a fever. Soon after, it causes a cough, runny nose, and red eyes. Then a rash of tiny, red spots breaks out. It starts at the head and spreads to the rest of the body. The rash can last for a week, and coughing can last for 10 days. Measles can cause serious health complications, such as pneumonia or encephalitis, and even death.



CHILDREN NEED 2 DOSES OF MEASLES VACCINE

The best way to protect against measles is with a combination vaccine that provides protection against three diseases: measles, mumps, and rubella (MMR). The MMR vaccine is proven to be very safe and effective.

CDC recommends that children get one dose at each of the following ages:

- 12 through 15 months
- 4 through 6 years

Ask your doctor if you and your family have received all recommended doses of MMR for best protection against measles.

MMR VACCINE IS SAFE & EFFECTIVE

The MMR shot is very safe and effective at preventing measles (as well as mumps and rubella). Vaccines, like any medicine, can have side effects. But most people who get the MMR shot have no side effects. The side effects that do occur are usually very mild, such as a fever, rash, soreness or swelling where the shot was given, or temporary pain and stiffness in the joints (mostly in teens and adults). More serious side effects are rare.

Scientific studies and reviews continue to show that there is no link between vaccines and autism. Vaccine ingredients do not cause autism. Numerous scientists have studied MMR vaccine and thimerosal, and they reach the same conclusion: there is no link between MMR vaccine or thimerosal and autism.

BEFORE TRAVELING ABROAD

Each year, unvaccinated people get infected while in other countries and bring the disease into the United States and spread it to others. **Before any international travel—**

- Infants 6–11 months old need 1 dose of measles vaccine*
- Children 12 months and older need 2 doses separated by at least 28 days
- Teenagers and adults who do not have evidence of immunity** against measles should get 2 doses separated by at least 28 days

*Infants who get one dose of MMR vaccine before their first birthday should get two more doses according to the routinely recommended schedule (one dose at 12 through 15 months of age and another dose at 4 through 6 years of age or at least 28 days later).

**Acceptable evidence of immunity against measles includes at least one of the following: written documentation of adequate vaccination, laboratory evidence of immunity, laboratory confirmation of measles, or birth in the United States before 1957.



Talk to your healthcare professional if you have questions about measles, and visit CDC's website for more information: www.cdc.gov/measles

June 2019

