

# STOP measles before it spreads with the MMR vaccine



## What is measles?

Measles is a highly contagious disease that can be very serious, especially for babies and young children. It can cause brain swelling, pneumonia, or even death.

Measles outbreaks happen when fewer people are vaccinated.

## What does measles look like?

- Fever that may spike over 104°F
- Cold-like symptoms: cough, runny nose, fever
- Red, watery eyes
- Small white spots inside the mouth (Koplik spots)
- Flat, red rash starting on the face and spreading down the body

## Why it's dangerous

- **1 in 5 unvaccinated people**<sup>1</sup> with measles need hospital care.
- Up to **1 in 20 children with measles get pneumonia**, the most common cause of death from measles in young children.<sup>1</sup>
- **About 1 in 1,000** children develop brain swelling, which **can cause deafness or disability**.<sup>1</sup>
- **1-3 in 1,000 unvaccinated children will die from measles**.<sup>1</sup>
- Measles can also weaken the immune system for **years after an infection**, making kids more vulnerable to other dangerous infections.<sup>2</sup>

## What to do if exposed

**Call your doctor right away** if you think your child has been around someone with measles.

## How it spreads

- Measles spreads **very easily** through the air when an infected person coughs or sneezes.
- You can catch it just by being in the same room—even after the sick person has left.
- One child with measles can infect up to **9 of 10**<sup>1</sup> unvaccinated people around them.
- Kids with measles are contagious 4 days **before** the rash appears and 4 days **after**.

## Protect your child with vaccines

The MMR vaccine is safe, effective, and long-lasting.

- 1st dose: Given at 12 to 15 months
- 2nd dose: Given at 4 to 6 years

Two doses are 97% effective at preventing measles for life.

**Don't wait for an outbreak.  
Protect your child with the MMR vaccine.**

Source:

<sup>1</sup> NFID: Measles

<sup>2</sup> American Academy of Pediatrics