

Facts About Measles:



Child with red spots and bumps from measles.

- People infected with measles can spread the disease to others up to one week before symptoms appear.
- A quarter to half of people infected with measles will not have symptoms.
- Pregnant people who get measles may cause a miscarriage, birth defects, or infant death.
- Since the introduction of measles vaccine in 1963, measles cases have reduced by 99%.
- MMR vaccine is required for child care and school entry in the state of Washington.
- People can still get the MMR vaccine if they didn't get it as a child.
- Measles is one of the most contagious diseases. MMR vaccine provides the best protection.

Learn more about vaccine benefits and risks. ○ ○ ○

HOW COMMUNITY IMMUNITY WORKS:

- **VISIT:** pbs.org/wgbh/nova/body/herd-immunity.html

RELIABLE VACCINE INFORMATION:

- **VISIT:** vaccineinformation.org/trusted-sources

MEASLES IN WASHINGTON STATE:

- **VISIT:** doh.wa.gov/Measles

VACCINE INFORMATION AND MORE:

- **VISIT:** immunitycommunitywa.org

SEE VACCINE RECORDS ONLINE:

- **VISIT:** myirmobile.com



Call our hotline to speak to a Family Resource Navigator at **1-800-322-2588** or find resources and services near you at www.HelpMeGrowWA.org



- Facebook: Follow us on Facebook @WatchMeGrowWA
- Website: Visit: www.watchmegrowwa.org

Watch Me Grow is a program of the Washington State Department of Health.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.



Protect Your Family and Community from Measles

MMR VACCINE PROTECTS AGAINST MEASLES, MUMPS, AND RUBELLA





The best protection against measles is to get vaccinated. ○ ○ ○

In recent years, outbreaks of measles have occurred in our state. **The best protection against measles is to get vaccinated** with the MMR (measles, mumps, and rubella) vaccine.

Measles virus travels through the air. You can get measles even if you go into a room for up to two hours after an infected person was there. Almost everyone who has not had the vaccine or measles will get sick if they are exposed to the virus.

Measles starts with a fever, runny nose, coughing, red watery eyes, and tiredness. After a few days, a rash begins. Some people also get pneumonia, brain damage, or deafness, and some may die.

Measles is very contagious and can be serious, especially for young children.

MMR vaccine protects against measles, mumps, and rubella. The vaccine is about 93 percent effective with one dose and 97 percent effective with two.

Kids should get two doses:

- First dose between 12 and 15 months
- Second dose between 4 and 6 years



Protect your family. Protect your community. Vaccinate. ○ ○ ○

What is community immunity?

Community (or herd) immunity helps slow down and stop the spread of disease among people. It works when most people in a community have immunity to, or protection from, a disease. People become immune by getting vaccinated or by having had the disease. For some diseases, such as measles, more than 9 out of 10 people must have immunity to keep the disease from spreading.

Who depends on community immunity?

We all depend on community immunity. People who can't fight diseases on their own or who aren't immune really depend on it.

When you vaccinate yourself and your family, you also

help protect others at risk in your community, such as:

- Infants and the elderly.
- People with weak immune systems, such as those with cancer.
- People who aren't fully immunized.
- Pregnant people.

Does your community have immunity?

VACCINATE your child on time. Make sure you and your child's caregivers are vaccinated, too.

ASK your child care, preschool, or school about their vaccine rates.

SPEAK UP and tell others your child is fully vaccinated. Make sure your friends and neighbors know about the risks of not vaccinating and the benefits of community immunity.

If traveling outside the United States, talk to your health care provider about vaccine recommendations for your whole family.



Did you know?

When you get vaccinated, you protect not just yourself, but your whole community!

You can help stop the spread of measles to other people who can't get vaccinated because of their health or age.

