

Measles Vaccine: Our Best Protection

What is measles?

Measles is a contagious disease which spreads through the air when a sick person coughs or breathes. Measles is commonly known for a rash of red spots that starts at the forehead and progresses down the body.

Measles can lead to severe complications including pneumonia, brain swelling, and death.

Common Symptoms

High Fever



Cough



Runny Nose

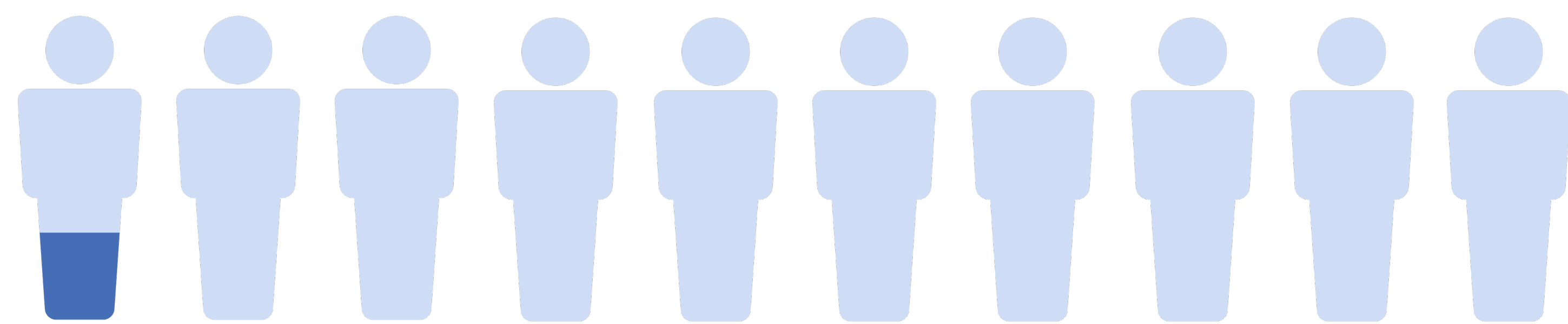


Red, Watery Eyes Full Body Rash

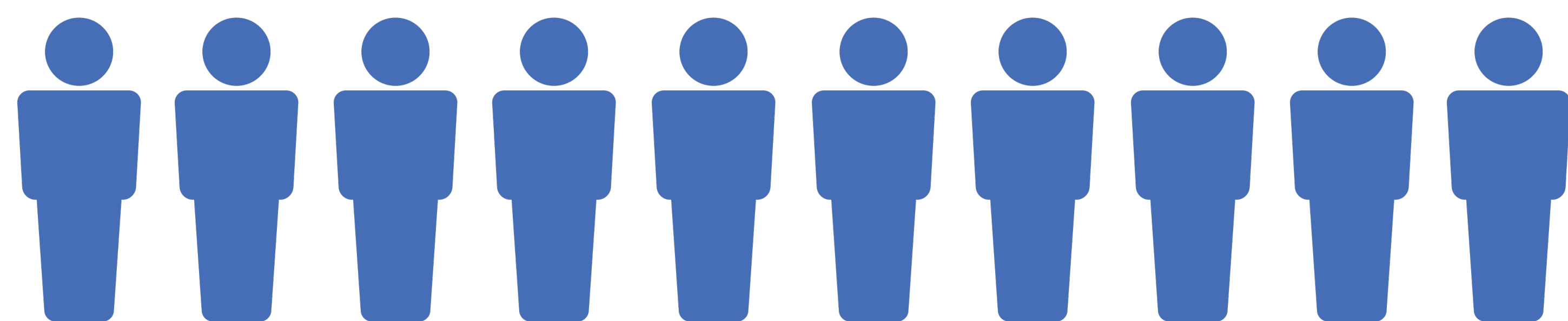


There is no treatment for measles, but vaccination can prevent it.

Two doses of measles, mumps, and rubella (MMR) vaccine works very well to prevent sickness from measles in 97 out of 100 people. Measles vaccination protects you for life.



Only 3% of people are at risk for getting measles if they've been vaccinated with two doses of MMR.



100% of people are at risk for measles if they haven't been vaccinated with MMR.

MMR vaccination is a part of the national childhood vaccine schedule.

Children in Washington state can receive childhood vaccines at no cost. Talk to a trusted healthcare provider to make sure your child is up to date!

See your family's vaccination records by using MyIR. Go to <https://myirmobile.com> for more info.

Most measles cases come from international travel.

Unvaccinated people who travel internationally tend to be the most common source of measles outbreaks in the United States.

Tips for international travel

If you plan to travel out of the country, make sure you are fully vaccinated against measles at least two weeks ahead of time.

Children above 12 months of age, teens and adults who are unvaccinated should get two MMR vaccines spaced one month apart before travel.

Infants 6 to 11 months of age traveling internationally can get one MMR dose for protection.

Monitor your symptoms after returning home from travel for 3 weeks.

Talk to a trusted health professional if you plan to travel internationally or if you got sick after traveling in other countries.