

Measles

What is Measles?

- Measles is a highly contagious viral illness that spreads through droplets in the air or direct contact with nasal or throat mucus from the infected person.
- Complications may include pneumonia, hearing loss, or even death.

How to protect yourself

- Vaccination with 2 doses of the measles, mumps, and rubella (MMR) vaccine is the best prevention.
- Children can get their first dose at 12 months old.
- If you have not been vaccinated, it is not too late to get vaccinated as an adult.

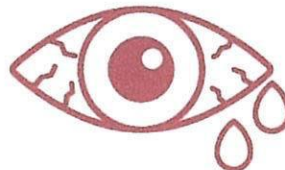
Symptoms



Runny nose



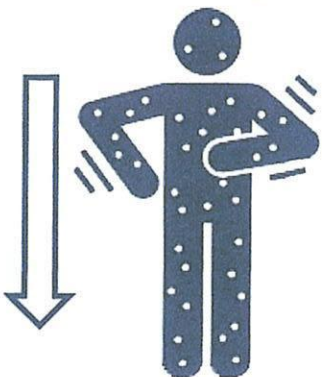
High Fever
($\geq 101^{\circ}\text{F}$)



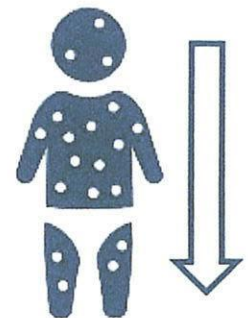
Red or
watery eyes



Coughing



- Tiny white spots inside the mouth
- Rash that may spread from the face to the neck, chest, arms, legs, and feet



If you have symptoms, please call your doctor
or primary care provider.