

Measles – What You Need to Know

What is Measles?

Measles is a virus that ranges from a moderate to a very serious one, especially for young children. It's one of the most spreadable diseases known.

Is Measles Common?

Measles is still common in other parts of the world including some countries in Europe, Asia, the Pacific and Africa. Travelers who get measles while they are in other countries bring the illness back into the United States and infect others. Measles spreads most easily among people who are NOT vaccinated.

How is Measles Spread?

Measles is mostly spread to others through coughing and sneezing. You can catch measles just by being in a room where a person with measles has been. This virus can live up to two hours on a surface or in the air where an infected person has coughed or sneezed. You can get the measles if you touch an infected surface or breath infected air.

What are Measles Signs and Symptoms?

Measles begins with fever, coughing, runny nose and redness of the eyes. Later, tiny white spots (Koplik spots) may appear in the mouth. Also, a rash occurs three to five days after symptoms begin. It usually begins as flat, red spots on the face and hairline. Then the rash spreads to the neck, stomach area, arms, legs, and feet. Measles can spread four days before and up to four days after the rash appears.

In rare cases, measles can cause seizures (from high fever), pneumonia, blindness, deafness or brain damage.

What is the Treatment for Measles?

There is no specific cure for measles once a person has it. Care focuses on helping relieve signs and symptoms.

How do I Prevent Getting Measles?

The measles, mumps and rubella vaccine (MMR) is the best way to protect against getting measles.

The recommended vaccine schedule for children is:

- **1st Dose: 12 months to 15 months old**
- **2nd Dose: 4 to 6 years old**

Ask your child's doctor for recommendations about how to get back on schedule if any doses are missed.

Adults born after 1956 who have not been vaccinated need to discuss vaccination against measles with their doctor.

Is the Vaccine Safe?

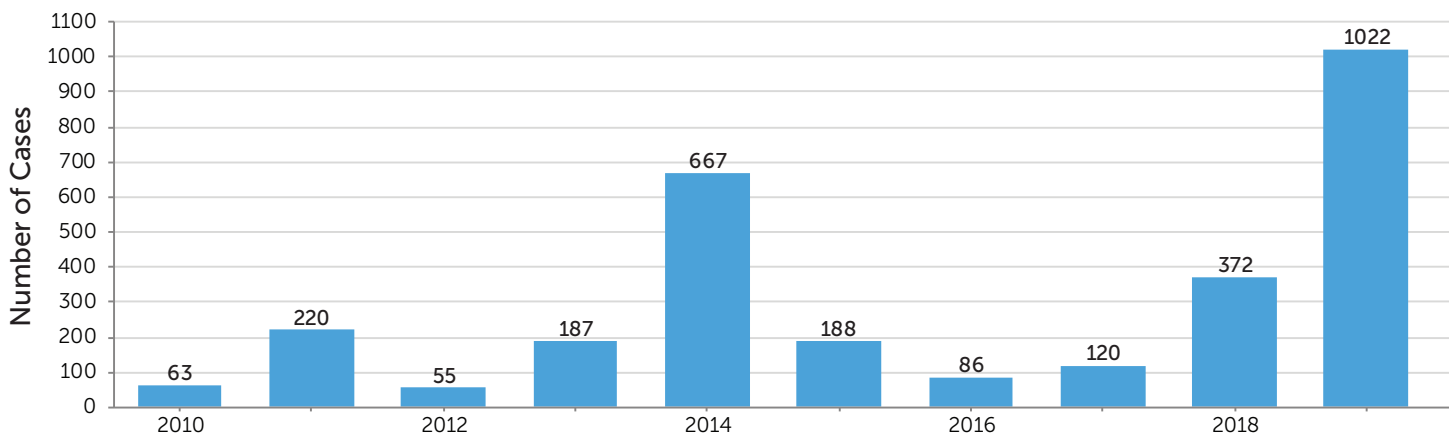
Yes. Like most medicines, the vaccine for measles is safe for most people. While some individuals experience side effects, it is safer to get the vaccine than to get measles. Some parents of children with autism believe the condition is linked to vaccines because their child's diagnosis of autism came after their child got the MMR vaccine. Since 1998, large research studies of children from the United States and Europe have found NO link between the MMR vaccine and autism. Parents with questions about the MMR vaccine should talk to their child's doctor.



Benefits of MMR Vaccine	Risks of MMR Vaccine
<p>In addition to protecting against measles, mumps, and rubella, getting the MMR vaccine as recommended:</p> <ul style="list-style-type: none"> • Prevents side effects of the measles. • Saves lives. • Prevents hospitalizations. • Protects young children, for whom the disease can be especially serious. 	<ul style="list-style-type: none"> • Mild side effects are fever, rash and sometimes swelling of the cheek or neck glands. • Moderate side effects are rare. About 1 in 3000 vaccinated children can get a fever that is high enough to cause a seizure. About 1 in 30,000 can have a temporary low platelet count that could cause bruising. • Severe side effects are very rare. Fewer than 1 in 1 million children have a serious allergic reaction.

Number of Measles Cases Reported by Year

2010-2019**(as of June 6, 2019)



**Cases as of June 6, 2019. Case count is preliminary and subject to change. Data are updated every Monday.

Information About the 2019 Measles Outbreak:

- A measles outbreak is defined as 3 or more cases.
- The 2019 measles outbreak has been connected to travelers who brought measles back from other countries.
- The 2019 measles outbreak is still happening, and the number of cases continues to grow.
- The majority of people (children and adults) who get the measles have not been vaccinated.

Sources
cdc.gov/measles
cdc.gov/measles/cases-outbreaks.html

