



MEASLES PREVENTION

PROTECTING OUR COMMUNITIES

WHAT IS MEASLES?

Measles is a serious disease caused by a virus that spreads through the air when an infected person breathes, coughs or sneezes. Symptoms usually appear 7-14 days after contact with the virus.

SYMPTOMS

- Measles starts with a fever followed by cough, runny nose, and red, watery eyes
- A rash of tiny red spots then starts on the face and spreads downward across the body



- Complications include diarrhea, ear infections, pneumonia and brain swelling
- Measles weakens the immune system. After measles, people have a harder time fighting off other infections.

How to Prevent Measles

Vaccination is the best way to prevent measles. The Measles, Mumps, and Rubella (MMR) vaccine is very effective. Common side effects from MMR include temporary sore arm, fever, and mild rash.

Why Vaccination Matters

At least 95% of a community should be vaccinated to prevent outbreaks. By getting vaccinated, you help protect those who cannot be vaccinated.

MMR For Children	MMR For Adults
<ul style="list-style-type: none"> • First dose at 12-15 months • Second dose at 4-6 years 	<p>If born after 1956 and never vaccinated, get at least one dose of MMR vaccine. Healthcare workers, college students, and international travelers may need two doses.</p>

In the event of an outbreak, children without a measles vaccination may be excluded from school, despite any exemptions they may have.

Additional Resources

The MMR vaccine is available at IHS and Tribal Health facilities, local health clinics, and pharmacies.

