

Cough? Fever? Rash?



STAYING SAFE FROM MEASLES

Measles is contagious and can be very serious.

Here is what you need to know about measles:

- + Measles is spread through respiratory secretions and by breathing the same air as a person with measles.
- + Measles is very contagious. People with measles are contagious from four days before they get a rash until the fifth day after the rash starts.
- + The first symptoms of measles are fever followed by cough, runny nose and red, watery eyes.
- + Later symptoms are a rising fever and a rash all over the body.
- + Measles can cause other health problems. They include ear infection, diarrhea, pneumonia, miscarriage, brain inflammation and hospitalization. Measles can even cause death.
- + Measles can be serious. Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health, especially in children younger than 5 years of age.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles.

Please let us know if you need a measles vaccination.