

# Stay Safe from Measles: Get the Facts

Measles can be dangerous, especially for babies and young children. It is much more contagious than other viruses.

Measles often starts with fever, runny nose, cough, red eyes, and white spots in the mouth. Several days later, a red rash starts from the face, moving down to the rest of the body.

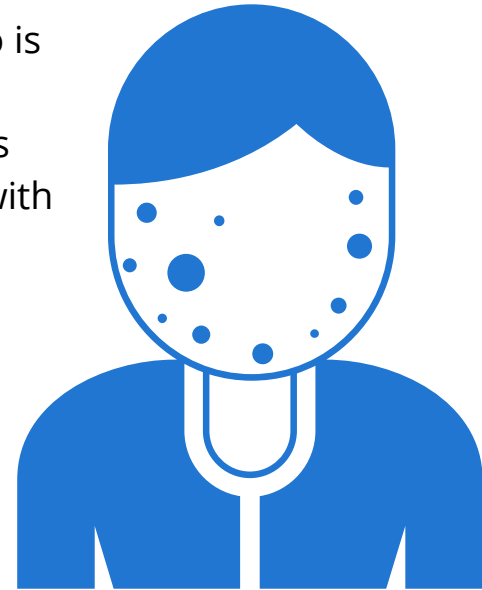
Measles can lead to a serious lung infection called pneumonia, brain swelling called encephalitis, long term effects, hospitalization, and death.

## How does measles spread?

Measles spreads by being around a person with measles who is coughing, sneezing, or just breathing. Measles can be spread before someone with measles has a rash and after symptoms end. Germs can last in a room for two hours after someone with measles has left.

## What's the best protection against measles?

Getting vaccinated! The MMR vaccine series is recommended at 12-15 months and again when a child turns 4. Infants over 6 months old should get a dose of MMR vaccine before traveling to a country where measles is more common.



About 1 out of 5 people who get measles will be hospitalized.

1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 to 3 out of 1,000 people with measles will die, even with the best care.