

# measles

## What is It and How to Protect Yourself

- Measles is a very contagious virus and can be serious.
- Anyone who is not protected against measles is at risk, especially babies and young children.

## How is Measles Spread?

- Measles spreads through the air we breathe.
  - When an infected person coughs or sneezes.
  - This can happen even up to 2 hours after that person has left the room.
- Direct contact with contaminated surfaces
- Person to person contact

## What are the Measles Symptoms?

Symptoms usually begin 10 – 14 days after exposure. Measles can be fatal. Complications and severe illnesses are most common in children under 5 years of age.



Red, watery eyes



Coughing



Runny nose



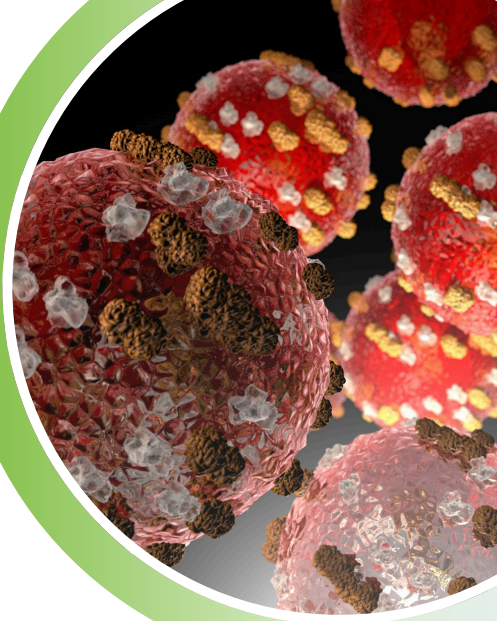
Red, blotchy rash  
that starts in the face



High fever



White spots  
inside cheeks



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## How Do I Protect Myself & My Family?

- The MMR vaccine is safe and effective:
  - 1 dose of MMR provides you 93% effectiveness
  - 2 doses of MMR provides you 97% effectiveness
- Children should be vaccinated at 1 year of age for the 1st dose & 4 years for the 2nd dose.

## Do I Need a Measles Booster?

Everyone can get measles if not protected:

- No booster needed or considered immune if:
  - Born before 1957
  - History of measles infection as a child
  - Documented 2 doses of MMR vaccine

Measles booster may be obtained if:

- Those unsure of vaccination status born after 1957.
  - Look for old records before requesting booster
- Individuals vaccinated between 1957 – 1968
  - An ineffective vaccine was used.
- Traveled to outbreak areas

Before getting any vaccine, be sure to talk with your doctor to see what's right for you.

## I Think I Might have Measles or My Child Might Have Measles

### ✓ Isolate

ISOLATE YOURSELF FROM OTHERS and call your healthcare provider or urgent care before arriving to be evaluated.

### ✓ Give Notice

Do not arrive at a health care facility without giving advance notice.

### ✓ Additional Information

CDC website: [cdc.gov/measles](https://www.cdc.gov/measles)

Call NMDOH (New Mexico Department of Health): 1-822-796-8773 (se habla Español)

City of Albuquerque: [cabq.gov/measles](https://cabq.gov/measles)

