



Get Vaccinated: Prevent and Stop Measles Outbreaks



Photo: cdc.gov/measles

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MEASLES (RUBEOLA)



What is Measles?

Measles is a highly contagious respiratory disease caused by a virus. Measles starts with a fever, runny nose, cough, red eyes, and sore throat, and is followed by a rash that spreads all over the body. About three out of 10 people who get measles will develop one or more complications including pneumonia, ear infections, or diarrhea.

From January 1 to January 23, 2015, 68 people from 11 states were reported to have measles. Most of these cases are part of a large, ongoing outbreak linked to an amusement park in California. In 2014, 644 people in the United States were reported as having measles. This is the greatest number of cases since measles elimination was documented in the U.S. in 2000



What are the symptoms?

The symptoms of measles generally appear about seven to 14 days after a person is infected. Measles typically begins with

- High fever,
- Cough,
- Runny nose (coryza)
- Red, watery eyes (conjunctivitis).

Two or three days after symptoms begin, tiny white spots (Koplik spots) may appear inside the mouth; and three to five days after symptoms begin, a rash breaks out.

How does it spread?

Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. It can spread to other through coughing and sneezing. It can also live on a surface or in an airspace for up to two hours. Those infected with Measles can spread it to others from four days before to four days after a rash appears.

How is it treated?

There is no specific antiviral therapy for measles. Medical care is supportive and to help relieve symptoms and address complications such as bacterial infections.

Information provided by the CDC. For more information, please visit www.cdc.gov/measles.

How can I protect myself and my family?

Measles can be prevented with the **MMR (measles, mumps, and rubella) vaccine**. CDC recommends that children get two doses:

- First dose at 12 through 15 months of age
- Second dose 4 through 6 years of age

Adolescents and adults should also be up to date on vaccinations. Ask your health care provider if you have questions about whether you need MMR vaccine.

Protect your child from measles

Measles is still common in many parts of the world. Unvaccinated travelers who get measles in other countries continue to bring the disease into the United States.

Give your child the best protection against measles with **two** doses of measles-mumps-rubella (MMR) vaccine:

	1st dose at 12-15 months	2nd dose at 4-6 years
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Traveling abroad with your child?

Infants 6 to 11 months old need 1 dose of measles vaccine before traveling abroad. Children 12 months and older should receive 2 doses before travel. Check with your pediatrician before leaving on your trip to make sure your children are protected.

