

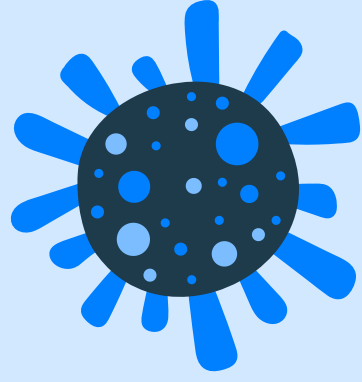
Understanding Measles And the Importance of Vaccination

*Highly contagious but
preventable – protect yourself
and your community!*

What is Measles?

Measles is a highly contagious viral disease characterized by fever, cough, and a distinctive red rash. It can lead to serious complications, including pneumonia and encephalitis.

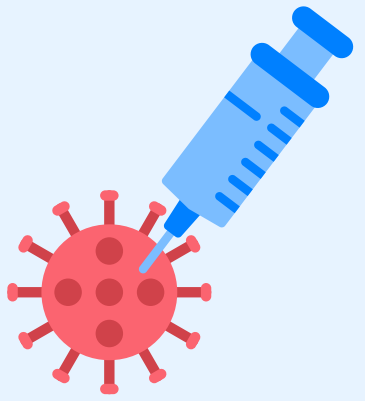
Awareness and prevention through vaccination are crucial to protect individuals and the community from outbreaks



Importance of Vaccination

Vaccination with the MMR (measles, mumps, rubella) vaccine is essential for preventing measles. **It boasts a 95% effectiveness rate**, significantly reducing the risk of infection and outbreak.

Emphasizing vaccination is a vital public health strategy to safeguard both individual health and community well-being.



Monitor for these common symptoms of measles:

High fever (can reach 104°F or higher), cough, runny nose, red eyes, rash that starts on the face and spreads across the body.



Who Needs the MMR Vaccine?



Children: Receive the MMR vaccine around 12–15 months and a second dose between 4–6 years

Adults: Unvaccinated adults or those without immunity should get vaccinated, especially before traveling

Travelers: Anyone visiting areas with measles outbreaks must ensure their vaccinations are up-to-date

How Measles Spreads

Measles spreads easily through:

Airborne droplets: Released when an infected person coughs or sneezes

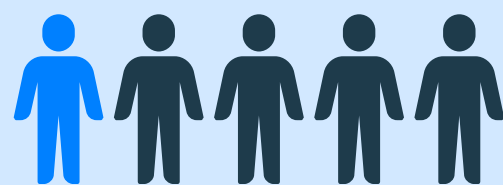
Contaminated surfaces: Virus can live in the air and on surfaces for up to two hours

Vigilance for these signs is vital to prevent complications and seek timely medical care



How Serious is Measles?

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



Measles can be dangerous, especially for babies and young children

For some children, measles can lead to: Pneumonia, lifelong brain damage, deafness, and death

Reliable Sources for More Information



- CDC: [Measles Information & Resources](#)
- Massachusetts Department of Public Health Immunization Division: [Measles Advisory, March 11, 2025](#)
- Immunize.org: [Ask the Experts: MMR \(Measles, Mumps, and Rubella\)](#)
- Your Local Epidemiologist: [10 FAQs on MMR and Measles Protection](#)



For more information on Measles & how to protect yourself scan the QR code or visit :

[CDC: Measles \(Rubeola\)](#)



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