

## MEASLES IS A SERIOUS DISEASE

- Measles is a serious disease that causes a rash and fever.
- Measles is very contagious. It spreads when a person with measles breathes out, coughs or sneezes.
- Anyone who is not vaccinated is much more likely to get measles.



## VACCINATION IS THE BEST WAY TO PROTECT YOUR FAMILY

- The Measles-Mumps-Rubella (MMR) shot is safe and very effective at preventing measles. It also protects against mumps and rubella.
- Doctors recommend that all children get the MMR shot.
- Getting the MMR vaccine is safer than getting measles.
- Most children do not have any side effects from the shot. The side effects that do occur are usually mild and don't last long, such as a fever, mild rash, and soreness.



*Images: cdc.gov*

## MMR VACCINE DOES NOT CAUSE AUTISM

- No studies have found a link between autism and the MMR vaccine. This has been carefully studied by many doctors and scientists from around the world.
- Scientists are studying what makes a child more likely to have autism. Most scientists agree that autism probably results from a combination of family genes and events before and after birth. This could include the age of the parents at the time of birth, illness of the mother during pregnancy, or difficulties at birth. They are also studying connections between autism and where a person lives.
- Ask your doctor if you have questions about measles or MMR vaccine.

# WHAT TO DO IF YOU THINK YOU HAVE MEASLES

## SYMPTOMS OF MEASLES AND HOW IT SPREADS

- Measles often begins with a high fever, cough, runny nose, and red, watery eyes. After 3-5 days, a rash usually begins on the face and spreads to other parts of the body.
- You can spread measles to others as early as four days *before* you have a rash and for up to four days *after* the rash first appeared.
- You can get measles just by being in a room where a person with measles has been. The measles virus stays in the air for up to two hours after that person has left the room.

## CALL YOUR DOCTOR OR CLINIC RIGHT AWAY IF YOU SEE SYMPTOMS

- Your doctor or clinic will let you know if you need to come in for a visit.
- Measles is very contagious and you don't want to give it to someone in a waiting room. It's important to tell your doctor or clinic that you have symptoms of measles **before** you go. They will give you instructions for what to do so that you don't spread measles.

## STAY AT HOME IF YOU HAVE MEASLES

- It's important not to spread measles to others.
- Stay at home if you have measles. Don't go to school, work, to the store, or other people's homes.
- Don't have visitors to your home if you or your child have a fever or rash.

For more information about measles, other vaccine-preventable diseases and the vaccines that protect against them, please visit: [www.sdiz.org](http://www.sdiz.org)