

# BE AWARE OF Measles

CREATED BY THE BLOOMFIELD DEPARTMENT OF HEALTH  
DIVISION OF HEALTH EDUCATION

## WHAT IS MEASLES?

Measles is a highly contagious viral infection. It is spread from one person to another through direct contact with discharge from the nose or throat and airborne droplets from an infected individual. Measles can be fatal among unvaccinated infants without adequate care; in fact, it is considered the most deadly of all childhood rash/fever illnesses. Ninety percent of people with close contact with an infected person will get measles if they are not vaccinated, or are immune against it.



## SYMPTOMS

- Fever
- Pink eye
- Runny nose
- Cough
- Rash: flat, red spots that appear initially on the face and spreads downward to arms, chest, back, etc.

## COMPLICATIONS

- Pneumonia
- Swelling of the brain
- Miscarriage in pregnant women
- Death

## RISK FACTORS

- **Being unvaccinated** increases the chances of acquiring and spreading the virus in the community.
- **Traveling internationally:** Measles is more common in low- and middle- income countries.

## HOW TO PREVENT MEASLES?



The most effective protection against measles is the measles-mumps-rubella (MMR) vaccine. The CDC recommends that children get two doses to get optimal protection. Two doses are 97% effective against measles.

**DOSE#1**  
12-15  
months

**DOSE#2**  
4-6  
years

Teenagers and adults without evidence of measles immunity should receive two doses of MMR vaccine separated by at least 28 days.

**Check with your medical care provider to ensure you and your children are protected before traveling internationally.**

**For more information visit:**

<https://www.cdc.gov/measles/index.html>

## MEASLES IMMUNITY

At least one of the following is considered evidence of measles immunity:

- Birth before 1957
- Documented administration of 2 doses of measles vaccine
- Laboratory proof (titers) of immunity or past infection.

## Vaccines

**The Bloomfield Department of Health offers an Immunization Program. For more information and to check eligibility requirements, call 973.680.4058**

