

# Measles

Some people think of measles as just a little rash and fever that clears up in a few days, but measles is very contagious and can cause serious health complications, especially in children younger than 5 years of age.



## Protection



The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles.

Your child needs two doses of MMR vaccine for best protection:

The first dose at 12 through 15 months of age.

The second dose at 4 through 6 years of age.

If your child has not been fully vaccinated against measles, has any symptoms, or you or your child could have been exposed, please contact your healthcare provider.



## Symptoms

Before the rash appears, children with measles develop cold-like symptoms, including:



Cough



Runny Nose



Fever



Red, Watery Eyes



Tiny white spots may appear inside the mouth.



Measles symptoms don't appear until 10 to 12 days after exposure. These symptoms tend to get worse during the first 1 to 3 days of the illness. Rash typically starts at the hairline and moves down, with the face breaking out first.