

Measles Virus

What is Measles?

- Measles is an easily spread virus that causes a fever, rash, and other cold-like symptoms. The disease can become severe and lead to death.
- There have been many outbreaks of measles in the U.S. over the past few years. Last year, there were more than 600 cases of measles in the country.
- Getting the MMR vaccine can protect you from catching measles.

How is Measles Transmitted?

People who are sick with measles can spread it to others 4 days before to 4 days after the rash appears. It is spread by:

- Being near a sick person who is coughing or sneezing
- Touching surfaces that have been coughed or sneezed on
- Touching your eyes, nose, or mouth after being close to a sick person

How can I Prevent Measles?

- To prevent measles, you should get the MMR vaccine. This vaccine also protects you from mumps and rubella.
- The CDC says that all children should get two doses of MMR vaccine, starting with the first dose given between 12 to 15 months of age, and the second dose given between 4 to 6 years of age. Children can get the second dose earlier if it given 28 days after the first dose.
- If given the full 2 doses, the vaccine works 97% of the time to protect against measles.
- There is no scientific proof that the MMR vaccine causes autism or other serious diseases.

Measles Outbreak 2015

From January 1 to January 30, 102 people across 14 states caught measles. Many of these people are part of an outbreak that began in Disneyland (Anaheim, California) in December 2014. Most people who got sick were not properly vaccinated. 15-25% of these cases have been hospitalized.

What are the Symptoms?

- Symptoms can appear 7 to 14 days after the time of infection.
- Sick people may experience:
 - Fever
 - Cough
 - Runny nose
 - Itchy, watery eyes
 - White spots in the mouth
 - Skin rash that starts on the face and moves downward to the rest of the body over several days
 - During the rash, fever may be 104° or higher

Complications from Measles

- Ear infection leading to permanent hearing loss
- Diarrhea
- Pneumonia
- Brain swelling leading to deafness and retardation

What should I do if I think I have measles?

Contact your doctor immediately