

## How to Prevent

- MMR vaccine is the best way to prevent the measles
- Two doses
  - First dose is 93% effective
  - Second dose is 97% effective
- Second dose is not a booster – it is intended to provide immunity to the 2-5% of people who did not respond to the first dose
- Doses need to be separated by 4 weeks (live vaccine)
- Can be given as early as 6 months old
- Common side effects of the MMR vaccine include sore arm, fever, mild rash, temporary pain and stiffness in the joints
- Severe events rarely occur



## Complications of Measles

- 1 in 4 people with measles will require hospitalization
- 1 in 20 children will get pneumonia, which is the most common cause of death from measles in young children
- 1 in 1,000 children will get encephalitis (brain swelling) which can lead to deafness and intellectual disability
- 1-2 in 1,000 children will die as a result of neurologic or respiratory complications

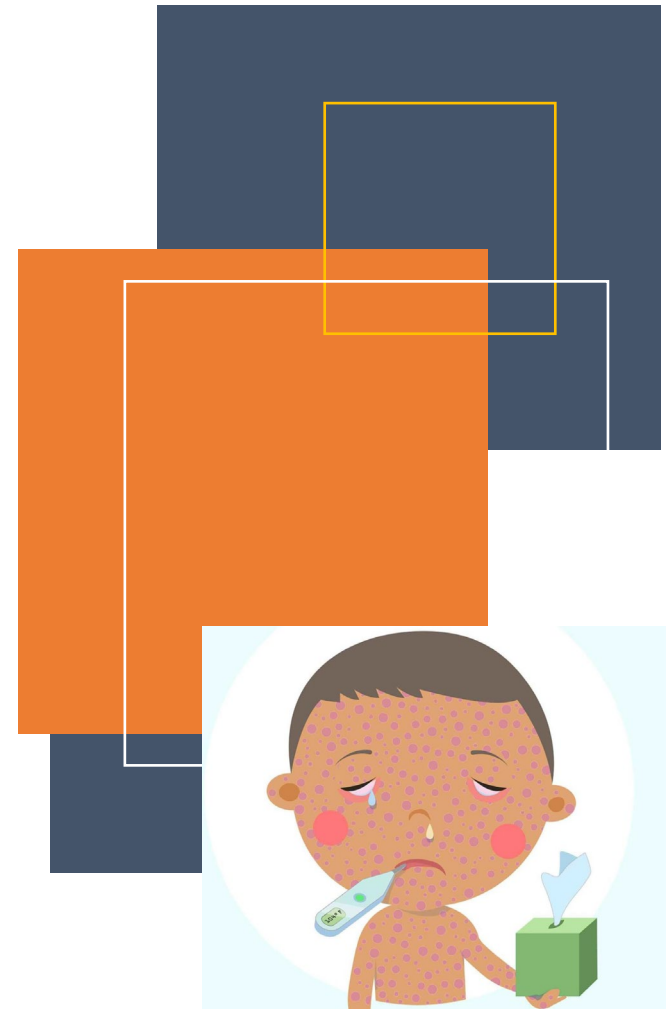
## For More Information

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

Centers for Disease Control and Prevention (CDC)  
800-232-4636

Vermont Department of Health:  
802-863-7240

Stowe Family Practice:  
802-253-4853



## What is the Measles?

How to prevent and recognize the Measles virus

# “Measles cases in the United States are highest since 2000” - CDC

## Measles Overview

- Measles is a virus that leads to an acute respiratory illness
- The infection can be serious, even fatal in some cases
- Preventable with vaccination
- Recent increase in reported measles cases in the United States
- Extremely contagious 4 days before rash appearance and 4 days after rash disappearance
- Virus can remain in the air for 2 hours after an infected person leaves the area
- Also called Rubeola

## Signs and Symptoms

- Signs and symptoms appear 10-14 days after exposure to the virus
- Prodrome period lasts 2-4 days and consists of
  - Fever
  - Cough
  - Runny nose
  - Conjunctivitis (red, watery eyes)
- Rash follows the prodrome symptoms, starting on the face and spreading down to the trunk and limbs
- Koplik spots – small white spots appear in the mouth around the time of rash onset



Rash



Koplik Spots

## Who is at greatest risk?

- Most at risk groups are those that have not received the MMR vaccine
- Most at risk for severe illness and complications from Measles infection:
  - Infants and children less than 5 years old
  - Pregnant women
  - People with weakened immune systems