Staying healthy during international travel

## MEASLES



## WHAT IS MEASLES?

Measles is a highly contagious virus that can lead to complications. Symptoms include fever, dry cough, runny nose, red eyes, and a skin rash.

Measles can cause lung infection (pneumonia), brain damage, deafness, and death.

Measles is widespread around the world in places like Europe, Africa, Asia, India, and the Philippines.



Characteristic measles rash

## **HOW DO I PREVENT MEASLES?**

Measles cases in the U.S. originate from international travel. Make sure you are vaccinated against measles before international travel.

The measles vaccine (MMR) is safe and provides 97% protection against measles after two doses; one dose provides 93% protection.

## WATCH FOR MEASLES AFTER INTERNATIONAL TRAVEL.

Watch your health for 3 weeks after you return from international travel.

Contact your healthcare provider if you become sick during or soon after return from travel.

For additional resources, visit www.headinghomehealthy.org