

# MEASLES

Staying healthy during international travel

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## What is measles?

Measles causes fever, dry cough, runny nose, red eyes, and a skin rash. It is highly contagious. People with measles can spread the disease easily to others by coughing or sneezing.



Characteristic measles rash

## Is measles dangerous?

Measles is serious. It can cause lung infection (pneumonia), brain damage, deafness, and even death.

## What can I do to keep from getting measles?

Two doses of the measles-mumps-rubella (MMR) vaccine are 97% effective at preventing measles.

## Is the measles vaccine safe?

The MMR vaccine is safe. Some people may have a mild reaction like slight fever, rash, soreness, or short-lived pain at the injection site. More serious side effects are very rare.

## Who should get vaccinated?

Almost everyone should get the measles vaccine, but it is especially important for those traveling internationally.

For additional resources, visit [www.headinghomehealthy.org](http://www.headinghomehealthy.org)