

# Measles Vaccine: Our Best Protection

Measles is a contagious disease that causes high fever, cough, runny nose, and red watery eyes. A rash of tiny red spots breaks out 3-5 days after symptoms begin. It also can lead to infection of the lungs (pneumonia) and brain swelling (encephalitis), which may lead to brain damage or death. There is no treatment for measles, but there is a way to prevent it: the combination measles, mumps, and rubella (MMR) vaccine. It protects you and helps stop the spread of the measles virus to others.

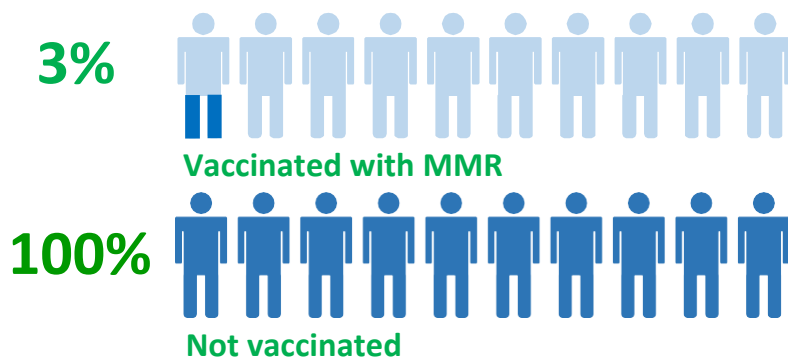
## People at high risk for severe illness and complications from measles include:

- Infants and children less than 5 years of age
- Adults greater than 20 years of age
- Pregnant women
- People with compromised immune systems, such as from leukemia or HIV infection

## Two doses of MMR vaccine is 97% effective at preventing measles.

The vaccine is effective at preventing measles, but it's not perfect. There is still a small chance of getting measles if you're vaccinated. Nearly **10 out of 10 people get lasting protection** from the vaccine.

## Number at Risk of Getting Measles



## Did You Know?

*Every year, measles is brought into the United States by unvaccinated travelers who get measles while they are in other countries. Anyone who is not protected against measles is at risk.*

*About 1 in 4 people in the U.S. who get measles will be hospitalized.*

*1 or 2 out of 1,000 people with measles will die, even with the best care.*

## How does measles vaccine help?

- MMR vaccine provides **significant and long-lasting protection** against all strains of measles, and greatly reduces the risk of complications.
- Since the widespread use of MMR vaccine in the U.S., there has been a **greater than 99% decrease** in the number of people with measles.
- MMR vaccine doesn't just protect against measles—it also protects against rubella and mumps.

## What you can do

- **Get vaccinated.** Make sure you and your kids are up to date on MMR vaccine. Check with your healthcare provider. MMR vaccine is available to all Washington kids at no cost.
- **Find the vaccination rate of your school** at [www.schooldigger.com](http://www.schooldigger.com).
- **Sign up for MyIR**, which lets you see your family's vaccinations at home and get reminders. Go to [wa.MyIR.net](http://wa.MyIR.net).