



Measles is a highly contagious respiratory virus that can be dangerous, especially for babies and young children. While most people in the U.S. and Vermont are vaccinated against measles, communities with lower vaccine coverage are at higher risk for outbreaks. Measles is common in some countries so make sure you're protected against measles before traveling internationally.

## **Measles spreads through the air from an infected person.**

- Measles virus lives in an infected person's nose and throat mucus.
- The virus mainly spreads when an infected person coughs or sneezes.
- You can get sick if you breathe the air from an infected person or touch a surface with the virus, then touch your eyes, nose or mouth.
- The virus can stay in the air for up to two hours.

## **Measles is one of the most contagious viruses.**

- Symptoms include a high fever, cough, runny nose, and red and watery eyes.
- A rash usually appears 3 to 5 days after the first symptoms.
- An infected person can spread measles even before they know they are sick.

## **Measles vaccines are safe and very effective.**

- Two doses of the measles, mumps, and rubella (MMR) vaccine are 97% effective against measles.
- Children should get two doses of MMR vaccine—the first dose at 12-15 months and the second dose at 4-6 years.
- Babies 6-11 months old who are traveling internationally should get an early dose of MMR vaccine at least two weeks before travel.

## **Make sure you and your family are fully vaccinated against measles.**

- Review your and your family's vaccination records or talk to your doctor if you are unsure about your measles protection.
- It is important to be protected from measles before traveling outside the U.S.

## **Call your doctor right away if you think you might have measles.**

- Stay at home and away from other people as much as possible.
- Wear a face mask if you are sick or must care for someone who is sick.
- If you do not have a health care provider, call 2-1-1 to be connected to care, or contact the nearest Federally Qualified Health Center or one of Vermont's Free & Referral Clinics.

## **Find more information at [HealthVermont.gov/Measles](https://www.HealthVermont.gov/Measles).**