

Measles

Measles is one of the most contagious diseases caused by an airborne virus. This virus lives in the nose and throat of an infected person and can rapidly spread to the rest of the body, affecting the lungs, brain, or other organs.

- Measles can be particularly dangerous to children younger than 5 years, adults older than 20 years, pregnant women, and immunocompromised persons
- Approximately 1 in 5 people who catch the measles will be hospitalized
- The best protection against measles is the measles, mumps, and rubella (MMR) vaccine

Symptoms and when they occur:

- Cough, runny nose, watery or red eyes
- High Fever (may spike to 104)
- Koplik spots (tiny white spots inside the mouth) may appear 2–3 days after other symptoms
- Rash: may begin on the head and face and spread down the body. Rash spots may join as they spread, and rash appears about 3-5 days after other symptoms



How Measles spreads:

- Through coughing, sneezing or talking
- By touching items that have saliva or the virus on them
 - Can spread 4 days before any rash is visible and 4 days after a rash is gone
 - Can stay in the air and infect others for up to 2 hours after a contagious person has left a room

Vaccination recommendation for Measles:

- The measles mumps and rubella (MMR) vaccine is safe and effective at protecting against these viruses
- CDC recommends children receive 2 doses of MMR vaccine, and it is recommended that their first dose is received between 12-15 months of age.
- Adults can also get MMR vaccine and may need one or two doses depending on their immune status.
 - *Pregnant women should not receive the MMR vaccine.
- For a vaccine near you, visit: dshs.texas.gov/measles, and for additional vaccine questions, visit dshs.texas.gov/vaccine-preventable-diseases/vaccine-preventable-disease-conditions/measles-rubeola/frequently-asked-questions

Resources:

cdc.gov/measles, nj.gov/health/vaccines/mmr, cdc.gov/vaccines