

MEASLES FACT SHEET

What is measles?

Measles is a serious and highly contagious respiratory disease (in the lungs and breathing tubules) that can cause rash and fever.

Measles can be dangerous, especially for babies and young children.

What are the symptoms of measles?

- High fever (may spike to more than 104° F)
- Cough
- Red, watery eyes
- Runny nose
- Rash breaks out 3-5 days after



How does measles spread?

- Through air when someone with measles cough or sneezes.
- By direct contact with the infected nose or throat secretions.

Complications

Common measles complications include ear infections and diarrhea. Some may suffer from severe complications such as pneumonia, encephalitis (swelling of the brain), and even death.

Vaccination

The best way to protect against measles is to get the measles-mumps-rubella shot (MMR shot). Doctors recommend that children get two doses of the MMR shot:

- First dose: when they are 12-15 months
- Second dose: when they are 4-6 years



Traveling to another country?

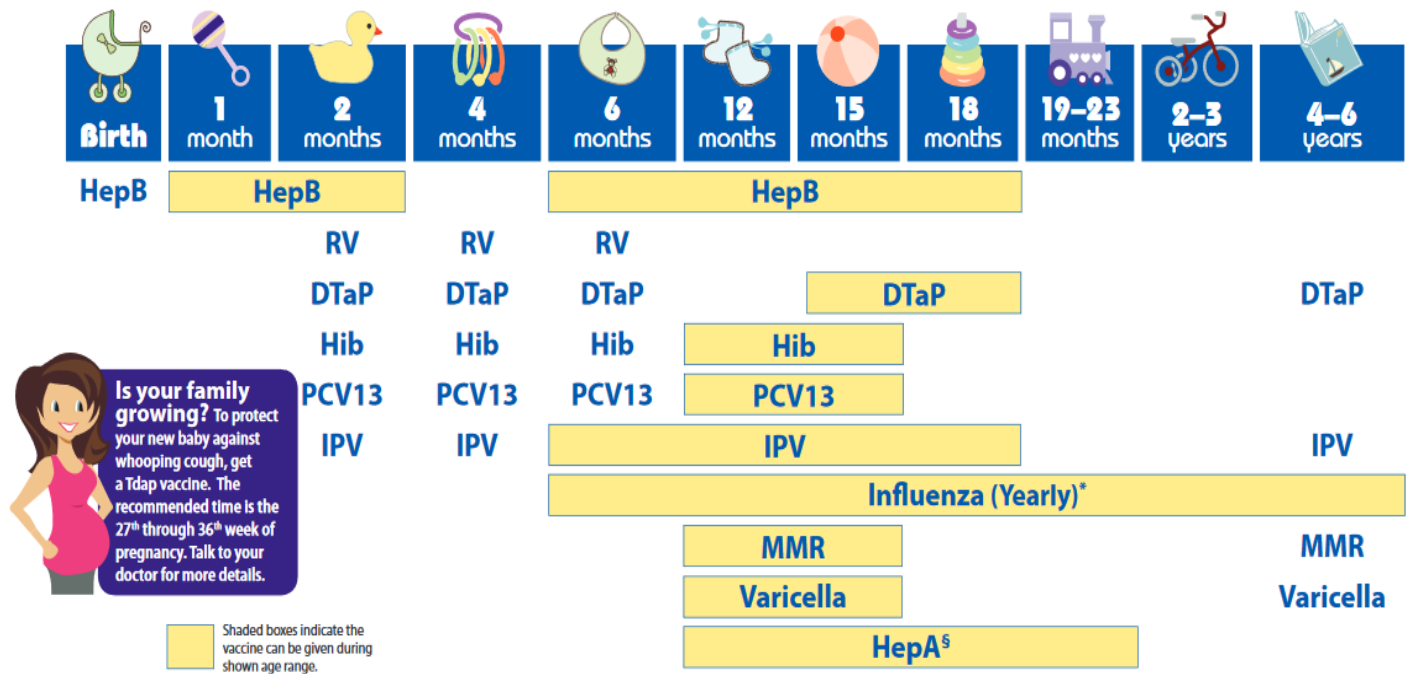
- **Protect yourself before you travel:**
 - Ensure that you and your family members have been vaccinated with MMR two weeks before travel.
- **Protect yourself during your trip:**
 - Wash your hands often with soap and water for at least 20 seconds.
 - If water is not available, use alcohol based hand sanitizer.
 - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
 - Try to avoid close contact, such as kissing, hugging, or sharing eating utensils or cups, with people who are sick.
- **After your trip, if you experience fever AND rash within 3 weeks of returning:**
 - Seek health care right away.
 - Inform your health care provider of recent travel and the possibility of exposure to measles.



FOR MORE INFORMATION, CONTACT YOUR HEALTH CARE PROVIDER;
[HTTPS://WWW.CDC.GOV/MEASLES/ABOUT/INDEX.HTML](https://www.cdc.gov/measles/about/index.html) OR
CALL THE GUAM DPHSS IMMUNIZATION PROGRAM AT 735-7143



RECOMMENDED IMMUNIZATION FOR CHILDREN FROM BIRTH TO 6 YEARS OLD



HepB: Hepatitis B

HepA: Hepatitis A

DTaP: Diphtheria, tetanus, & acellular pertussis

RV: Rotavirus

PCV13: Pertussis

IPV: Inactivated poliovirus

Hib: Haemophilus influenzae type B

MMR: Measles, mumps, rubella

Influenza: Flu



RECOMMENDED IMMUNIZATION FOR CHILDREN 7-18 YEARS OLD

7-8 Years: Flu (Yearly)

9-10 Years: Flu (Yearly)

11-12 Years: Flu (Yearly)
HPV (Human papillomavirus)
Tdap (Tetanus, diphtheria, pertussis)
Meningococcal

13-15 Years: Flu (Yearly)

16-18 Years: Flu (Yearly)
Meningococcal

- If your child has not received shots at the recommended age, follow catch-up schedule: <https://www.cdc.gov/vaccines/schedules/hcp/imz/catchup.html>.
- If your child has a lifestyle condition that put them at an increased risk for serious diseases, talk to your doctor about vaccines that he or she may need.