



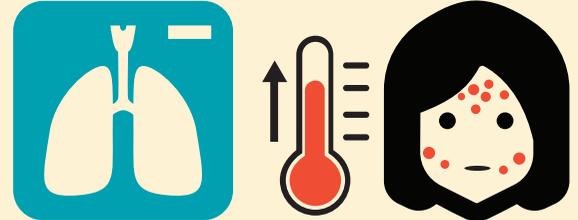
# Measles & the MMR Shot

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## Measles is a respiratory disease.

Measles affects the lungs and breathing tubes. It causes fever, cough and rash. Measles is very contagious, and can be deadly.

Measles remains common outside of the U.S.—it is only a plane ride away.



## Measles can be serious.

Measles can be serious, especially for babies and young children. From 2001–2013, 28% of children younger than 5 years old who had measles had to be treated in the hospital.

For some children, measles can lead to:

- Pneumonia, a serious lung infection
- Lifelong brain damage
- Deafness
- Death



## Measles is very contagious.

- Measles spreads when an infected person breathes, coughs or sneezes.
- You can catch measles just by being in a room where an infected person has been—even up to 2 hours after that person has left.
- A person with a rash or cough illness should wear a mask when seeking health care.
- Almost everyone who has not had the MMR shot will get measles if they are exposed.



## The MMR shot is the best way to protect against measles.

The measles, mumps and rubella (MMR) shot:

- Protects your child from measles, mumps and rubella.
- Keeps your child from missing school and keeps you from missing work to care for your sick child.
- Helps keep your community and neighbors safe from measles.



## The MMR shot is safe.

The MMR shot is effective at preventing measles, mumps and rubella.

Shots, like any medicine, can have side effects. Side effects of the MMR shot are usually mild, such as fever or a minor rash.



➡ **The MMR shot is almost 100% effective at preventing measles.**

➡ **Adults may also need an MMR shot.**

**Talk to your health care provider if you have questions about the MMR shot or measles.**

LEARN MORE: Call the information line, 1-844-CALL-DOH (844-225-5364)  
Mon.–Fri. • 8 a.m.–5 p.m. • Toll Free