

A close-up photograph of a child's back, showing a widespread red, bumpy rash characteristic of measles. The child has long brown hair and is wearing a light-colored shirt. The background is softly blurred.

YOUR ULTIMATE GUIDE TO **MEASLES**

What every parent should know:
symptoms, vaccinations, traveling, and more

WHAT IS IT?

A highly contagious respiratory virus that can lead to serious illness and has caused two deaths in the U.S. in 2025.



SYMPTOMS?

- High fever ($>101^{\circ}$)
 - Cough
 - Runny nose
 - Red, watery eyes
 - Tiny, white spots inside mouth
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- Rash (typically starts on the face 3-5 days after symptoms appear & spreads down the body)



CAN MY CHILD GET IT?

Being one of the most contagious viruses, your child is at severe risk if not vaccinated.

Research shows that if someone is infected, 9 out of 10 unvaccinated people around them will catch it.

WHAT DO I DO IF MY BABY IS TOO YOUNG TO GET THE MEASLES VACCINATION?

The best thing to do is avoid traveling internationally and domestically to places with low vaccine rates or known measles cases.

*If traveling after 6 months of age, your child can get an early extra MMR vaccine for protection.



HOW PROTECTED IS MY CHILD IF THEY ONLY HAVE ONE OF TWO VACCINATIONS?

The first dose of measles means your child is 93% protected! The second dose increases the protection to 97%.



CAN MY CHILD GET THE SECOND VACCINATION EARLY?

Yes! They can get the 2nd vaccine as soon as 28 days after the first vaccine



WHAT DO I DO IF I HEAR OF A FRIEND, FAMILY MEMBER OR CLASSMATE OF MY CHILD HAS COME DOWN WITH THE MEASLES?

Monitor for symptoms!

If concerned that your child may have measles, consult with their pediatrician right away, but let them know that you're worried about measles. As it is highly contagious, they will need to isolate your family during the exam.



The number of people that **one sick person** will infect (on average) is called R_0 . Here are the maximum R_0 values for a few viruses.

