

MEASLES

CAN BE SERIOUS AT ANY AGE

Measles can affect older adults.

Measles is very contagious and can cause serious illness in adults—not just children.

Complications are more common in children younger than 5 years and adults older than 20 years.



What you need to know:

Common measles symptoms include high fever and rash. Measles can also cause a cough, runny nose, and red, watery eyes.

If you are infected with measles, it can cause complications like pneumonia or brain swelling that might require hospitalization.

If you're not protected, you're at risk. If one person has measles, up to 9 out of 10 people nearby will become infected if they are not protected.

Protect yourself and your family with the MMR vaccine

The best way to protect yourself and your family against measles is with the measles, mumps, and rubella (MMR) vaccine. Receiving two doses of MMR vaccine is 97% effective at preventing measles; receiving one dose is 93% effective.

Vaccination protects you and other people who may not be able to get the vaccine, including babies and people with weakened immune systems.

How do I know if I am protected?

- Check your vaccination records.
- If you were born before 1957 or received at least one dose of the MMR vaccine at age 12 months or older, you are considered protected against measles.
- Two doses of MMR are recommended to protect certain adults at increased risk of exposure to measles. This includes adults who work or study at post-high school education institutions, healthcare personnel, and people who are at increased risk during a local measles outbreak.

Talk to your healthcare provider about MMR vaccination

- If you have not received 2 doses of MMR vaccine in the past.
- If you were born **in** 1957 or later and don't have your vaccination records.
- If you were born **after** 1957 and live in an area having a measles outbreak. (You may need one or two doses of the MMR vaccine based on local recommendations.)
- If you were born **after** 1957 and are traveling abroad or to a domestic area with a measles outbreak. (You may need one or two doses of the MMR vaccine before your trip.)
- If you were vaccinated in the 1960s with a version of the vaccine that is no longer used. (You may need to get the updated MMR vaccine. It is safe to get another MMR dose, even when you are already immune.)

If you think that you have measles or have been exposed to someone with measles, isolate yourself from other people and call your healthcare provider, urgent care, or emergency room before arriving to be tested. Do not arrive at a healthcare facility without giving advance notice.

