



Public Health
Prevent. Promote. Protect.

Fact Sheet

Protect yourself from measles

Measles was nearly gone from the U.S. thanks to vaccinations, but recently the virus has come back.

Measles is very contagious. It is spread when a sick person coughs or sneezes. It can also be spread if a sick person touches something, and then you touch it. If you have already had the measles, or shots to protect you, you are protected against measles.

The measles vaccine works. Children should get two measles shots (MMR). College students, adults, and people who are traveling out of the U.S. should also get shots, unless they know for sure they've already had two shots, or have been sick with the measles. If you don't know if you've had measles or a vaccination, get another MMR shot.

Measles starts with a high fever, cough, runny nose, and red, watery eyes. About 2 – 3 days later tiny white spots appear inside your mouth. In a couple more days a rash will start on your face and move down your body. Your fever may go past 104°F. After a few days, the fever goes down and the rash goes away.

Measles can be serious for all age groups, but children under 5 years old and adults older than 20 are more likely to have complications. Kids can get ear infections, pneumonia, or swelling of the brain (encephalitis).

People who are not vaccinated risk getting measles and spreading it to others. Vaccination is the best way to protect yourself, your family, and our community.

Public health – working every day for healthier families, healthier communities, healthier YOU! Learn more on Facebook, by calling (417) 223-7122 or by visiting www.mcdonaldcountyhealth.com.



If you aren't sure
whether you are
immune from measles,
get vaccinated!

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