

# Measles

## Vaccine-Preventable Diseases and Immunization Program

Measles is a highly contagious viral infection that causes a red, blotchy rash which commonly appears on the face and behind the ears, spreading down the chest and back to the feet, arms and legs. It usually affects babies and young children, but even in previously healthy children, measles can cause serious illness requiring hospitalization. Fortunately, it is easily preventable through vaccination.

### What are the signs and symptoms of measles?

Rash  
High fever

Watery eyes  
Runny nose

Dry cough



Symptoms usually begin 7-14 days after infection

### What should I do if I have been exposed to someone with measles?

- Anyone not vaccinated or without a past infection is at risk of getting measles.
- Remain home and call your health care provider if you suspect you or your child have been exposed.
- Isolate at home and call your health care provider if you or your child have symptoms of measles.



### How can I protect myself and my child?

- The best protection against measles is the measles-mumps-rubella (MMR) vaccine.
- The MMR vaccine provides long-lasting protection against measles.
- Adults who are not sure if they have had the vaccine or if they had a prior measles infection should contact their medical provider.



### When should my child get the MMR vaccine?

|             |                  |
|-------------|------------------|
| First Dose  | 12-15 months old |
| Second Dose | 4-6 years old    |

**KEEP YOUR CHILD SAFE AND MEASLES FREE**

Information sourced from the Tennessee Department of Health