

How to Protect Your Children During a Measles Outbreak

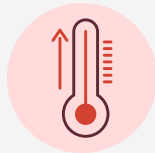
Recent measles outbreaks have raised concerns among parents. Most cases have occurred in unvaccinated individuals, highlighting the importance of ensuring children are fully vaccinated. Here's what you need to know:

WHY IS MEASLES DANGEROUS?

- Measles can cause pneumonia, encephalitis (brain infection), and even death.
- Of every 1,000 measles cases, 1-2 result in death.
- Infants and those with weakened immune systems are especially vulnerable.

SIGNS & SYMPTOMS OF MEASLES

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Blotchy red or brownish rash (appears a few days after initial symptoms)



HOW DOES MEASLES SPREAD?

Through the air when an infected person coughs or sneezes.



By direct contact with infected fluids.

The virus can live in the air and on surfaces for up to 2 hours.



MEASLES VACCINE

When should children get the measles vaccine?

- First dose: 12-15 months
- Second dose: 4-6 years (or at least 28 days after the first dose)
- An MMRV combination vaccine is available for children 12 months to 12 years old.

What if my baby is too young for the vaccine?

- High community immunization rates help protect infants under 12 months.
- Infants traveling to outbreak areas may receive early vaccination (consult your doctor).

How long does the measles vaccine last?

One dose: 95% effective.

Two doses: 97-99% effective.



Not sure if you're vaccinated?

- Check with your doctor. There's no risk in getting an extra dose if unsure.
- Those with immune problems or on immunosuppressive medication should consult a pediatrician before vaccination.



The Texas Chapter of the
American Academy of Pediatrics

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