

Why get vaccinated?

Getting vaccinated is the best way to stay safe from measles. The vaccine is very effective and helps stop the virus from spreading to others. This helps protect our most sensitive populations, especially to people who can't get vaccinated, like babies under 12 months old or people with certain medical conditions.

Who should get a measles vaccine?

- **Children:**
 - 1st dose at 12-15 months old
 - 2nd dose at 4-6 years old
- **Adults:**
 - If you've never had measles or the vaccine, you may need at least one dose.
 - Some adults, like students, international travelers, and healthcare workers, might need two doses, at least 28 days apart.



Do I need a booster measles vaccine ?

If your measles vaccine is up-to-date, or you were born before 1957, you *do not need* need vaccine unless you are traveling internationally, are a student, or are a healthcare worker.

Verify your vaccination status by researching your records. Speak with your physician for additional guidance and to determine if you are fully vaccinated.



Need help?

Have questions?

Want to schedule a vaccination?

CALL US AT ANY TIME!

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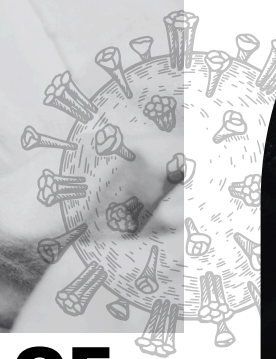
MEASLES

WHAT YOU NEED TO KNOW

HERKIMER COUNTY
PUBLIC HEALTH



**PROTECT YOURSELF
PROTECT YOUR COMMUNITY**



WHAT IS MEASLES?

Measles is a very contagious virus that spreads through the air when someone with measles breathes, coughs, or sneezes. It can stay in the air for up to two hours, even after the sick person has left the room.

WHAT TO DO IF YOU THINK YOU MIGHT HAVE MEASLES?

Feeling Sick?

- Stay home, avoid contact with others.
- Call your doctor before going in.
- Watch for symptoms like fever, rash, cough, and red eyes.

Exposed to Measles?

- Check your vaccination records.
- Call your doctor – you may need a vaccine or medicine.

SYMPTOMS OF MEASLES

Early Symptoms (2-4 days):

- High fever (can spike above 104°F)
- Cough
- Runny nose (like a cold)
- Red, watery eyes (conjunctivitis)
- Tiny white spots inside the mouth (Koplik spots)

Rash (appears 3-5 days after symptoms start):

- Starts on the face and then spreads to the neck, body, arms, and legs.
- Rash can last for about a week.
- As the rash spreads, fever may rise.

WHY IS MEASLES DANGEROUS?

Measles can cause serious problems, especially in babies, pregnant women, and people with weakened immune systems.

• **Complications can include:**

- Ear infections (which can cause hearing loss)
- Diarrhea and dehydration
- Pneumonia (lung infection)
- Encephalitis (swelling of the brain)
- Death (in very severe cases)

