

TRAVEL & MEASLES

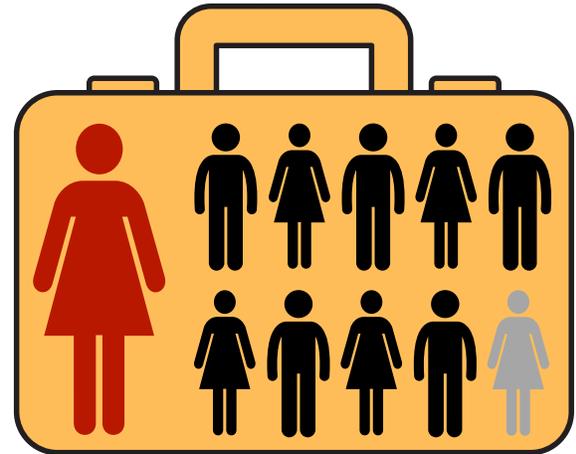


Around the world, including several states in the US are experiencing an increase in measles cases. News of individuals unvaccinated for measles who have recently traveled internationally have contracted measles and brought it back to the U.S.

Measles is **highly contagious** and spreads through the air when an infected person **coughs or sneezes**. People who are infected can spread measles to others from 4 days before a rash develops through 4 days after the rash appears. Measles is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

The CDC reports over 61 million doses of measles-containing vaccine were postponed or missed from 2020 to 2022 due to COVID-19 related delays. This increases the risk of bigger outbreaks around the world, including the United States.

If you are traveling, you should plan to be fully vaccinated at least 2 weeks before you depart. If your trip is less than 2 weeks away and you're not protected against measles, you should still get a dose of the MMR vaccine.



Measles can be serious.

Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

- About 1 in 5 people in the U.S. who get measles will be hospitalized
- 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage.
- 1 to 3 out of 1,000 people with measles will die, even with the best care.

Common measles symptoms:

- high fever (may spike to more than 104° F),
- cough,
- runny nose (coryza),
- red, watery eyes (conjunctivitis), and
- rash (3-5 days after symptoms begin).

You have the power to protect your child against measles with safe and effective vaccine.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR vaccine for best protection:



MMR Vaccination Schedule	First Dose	Second Dose
Children*	Age 12-15 months	Age 4-6 years
Teens and adults**	As soon as possible	N/A

* CDC recommends this schedule for children 12 months and older. Infants 6-11 months and children 12 months and older traveling outside the U.S. should follow another schedule listed here <https://www.cdc.gov/measles/plan-for-travel.html>.

** Acceptable evidence of immunity against measles includes at least one of the following: written documentation of adequate vaccination, laboratory evidence of immunity, laboratory confirmation of measles, or birth before 1957.

