



Measles is a highly contagious respiratory virus that can be dangerous, especially for babies and young children. While most people in the U.S. and Vermont are vaccinated against measles, communities with lower vaccine coverage are at higher risk for outbreaks. Measles is common in some countries so make sure you're protected against measles before traveling internationally.

## **Measles spreads through the air from an infected person.**

- Measles virus lives in an infected person's nose and throat mucus.
- The virus mainly spreads when an infected person coughs or sneezes.
- You can get sick if you breathe the air from an infected person or touch a surface with the virus, then touch your eyes, nose or mouth.
- The virus can stay in the air for up to two hours.

## **Measles is one of the most contagious viruses.**

- Symptoms include a high fever, cough, runny nose, and red and watery eyes.
- A rash usually appears 3 to 5 days after the first symptoms.
- An infected person can spread measles even before they know they are sick.

## **Measles vaccines are safe and very effective.**

- Two doses of the measles, mumps, and rubella (MMR) vaccine are 97% effective against measles.
- Children should get two doses of MMR vaccine—the first dose at 12-15 months and the second dose at 4-6 years.
- Babies 6-11 months old who are traveling internationally should get an early dose of MMR vaccine at least two weeks before travel.

## **Make sure you and your family are fully vaccinated against measles.**

- Review your and your family's vaccination records or talk to your doctor if you are unsure about your measles protection.
- It is important to be protected from measles before traveling outside the U.S.

## **Call your doctor right away if you think you might have measles.**

- Stay at home and away from other people as much as possible.
- Wear a face mask if you are sick or must care for someone who is sick.
- If you do not have a health care provider, call 2-1-1 to be connected to care, or contact the nearest Federally Qualified Health Center or one of Vermont's Free & Referral Clinics.

## **Find more information at [HealthVermont.gov/Measles](https://www.healthvermont.gov/measles).**



## Measles Vaccine Information for Adults

- If you were born before 1957, you are likely protected against measles.
- If you were born in 1957 or later:
  - You are protected from measles if you have received either one or two doses of MMR or MMRV vaccine.
  - Some people need two doses of MMR or MMRV: students at post-high school education institutions, health care personnel, international travelers, close contacts of immunocompromised people, and people with HIV infection.
- If you were vaccinated in the 1960s:
  - An inactivated measles vaccine was used from 1963 to 1967. This vaccine was not effective. If you were vaccinated before 1968 with either an inactivated measles vaccine, or measles vaccine of unknown type, you should receive at least one dose of the MMR vaccine. You should receive two if you have the risk factors listed above.
- If you don't have evidence of immunity and have no health reasons to avoid the MMR vaccine, you can be vaccinated. You don't need to have immune titers checked. There's no harm in giving the MMR vaccine to someone who may already be immune.

## Find out if you are Protected Against Measles

- Check your vaccination records for MMR or MMRV.
- If you don't have documentation, reach out to your health care provider or request your vaccination records through your state's vaccination record system. Find instructions for requesting immunization records in Vermont at [HealthVermont.gov/request-vaccine-records](https://HealthVermont.gov/request-vaccine-records).

## How to Get Vaccinated in Vermont

- Call your health care provider to get vaccinated. If you don't have a health care provider, call 2-1-1 or contact a federally qualified health center or one of Vermont's Free & Referral Clinics. Most people's health insurance will cover the cost of getting vaccinated.
- **If you're under the age of 65** without health insurance, or your insurance doesn't cover it, the Vermont Immunization Program can cover the cost of the vaccine directly to your provider. Or, you can make an appointment at your Local Health Office to get vaccinated at no charge: [HealthVermont.gov/local](https://HealthVermont.gov/local)