

## Find a vaccine:

- At your health care provider.
- At some pharmacies.
- Multnomah County Health Department for adults and children, by appointment. Call **503-988-3406** or visit **[www.multco.us/health/immunizations](http://www.multco.us/health/immunizations)**.

## The measles vaccine is safe.

- The measles, mumps and rubella vaccine is very safe.
- Minor side effects might happen and include pain at the site, fever, a mild rash and minor swelling.
- Severe side effects and allergies are very rare.
- No mercury is in childhood vaccines.



## Multnomah County Health Department

Communicable Disease Services

426 SW Stark Street  
Third Floor  
Portland, Oregon 97204

ph. **503.988.3406**

fax. **503.988.3407**

**<https://multco.us/health/immunizations>**



# Measles

## It's not just a little rash

- Measles is a viral disease that spreads easily from person to person.
- Measles can be dangerous, especially for babies and young children.
- One in every four people with measles will need to go to the hospital.
- One in every three will have problems such as ear infection, lung infection and in rare cases, swelling of the brain.
- For every 1,000 children with measles, one to two will die.



## Measles symptoms

- Fever
- Cough and runny nose
- Red eyes
- A red rash that starts on the head and face and spreads to the rest of the body.
- Symptoms usually develop within one to two weeks. In rare cases, it can take up to four weeks for symptoms to start.

## How measles spreads

- Measles spreads when someone with the virus coughs or sneezes. It can also be spread by direct contact with nose or throat mucus (snot) of someone with measles.

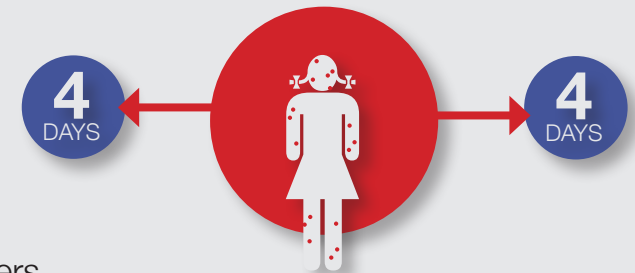


## People can spread measles before they get sick.

A person who has never had a measles vaccine or been sick with measles has a 90 percent chance of catching the disease if they are near a person with measles. People can spread measles for four days before the rash appears and up to four days after.

### Telephone first

If you think your child has measles please call your clinic or Urgent Care first to avoid spreading the virus to others.



### You are protected from measles if:

- You are under age four and have had one dose of the measles, mumps and rubella vaccine.
- You are four or older and have had two measles vaccines.
- You were born before 1957.
- You have a blood test that shows you are protected from measles.

### Protect your child

- The first dose of measles vaccine should be given at 12 to 15 months of age.
- The second dose at age 4 to 6.