1. What is measles?
Measles is a serious disease caused by a virus. It is very contagious and spreads through the air.

2. What are the symptoms?
People with measles will get symptoms 10-12 days after being exposed to the disease. Symptoms include:
- Fever
- Cough
- Runny nose
- Red watery eyes
- Rash of red spots. Some are slightly raised. Typically starts on the face or hairline and spreads to the rest of the body

3. How does measles spread?
You can get measles by sharing the same air with a person with measles, even up to two hours after the person is gone. A person with measles can spread the disease to others 4 days before their first rash appears to 4 days after their first rash appears. Almost everyone who has not had the measles vaccine will get measles if exposed to the measles virus.

4. How serious is measles?
Measles can lead to serious illnesses. It may even lead to hospitalization and death. Serious illnesses include:
- Diarrhea
- Ear Infection
- Brain Damage
- Deafness
- Pneumonia

Pregnant women, infants, young children and persons with a weakened immune system are at the most risk for serious illnesses. There is no treatment for measles.

5. How can measles be prevented?
The best way to prevent measles is to be up-to-date with vaccines. The MMR (measles-mumps-rubella) vaccine is safe and effective at preventing measles, mumps and rubella.
- Children should get the MMR vaccine at 12-15 months of age and at 4-6 years of age.
- Unvaccinated older children, teens and adults who are not pregnant should also get the MMR vaccine.
- If you have international travel plans, your child can receive the MMR vaccine as early as 6 months of age.

If you think you may have been exposed to measles and start developing a fever and rash, stay home and call your health care provider or your local public health department immediately.

In summary, measles is a serious and contagious disease. The best way to protect against measles is to get the MMR vaccine. Doctors recommend that all individuals get two doses of the MMR vaccine.