

What to Know About Measles

Protect Yourself & Your Community

What is measles?

- Measles is a serious respiratory disease
- It is spread through the air
- It is very contagious
- It can be deadly

What are the symptoms?

- Cough, runny nose, and red eyes
- Rash of tiny, red spots
- Ear infection
- Diarrhea

How does measles spread?

- When a person infected with the measles virus breathes, coughs, or sneezes.
- You can catch measles just by being in a room where a person with measles has been, up to 2 hours after that person is gone.
- You can catch measles from a person even before they have a measles rash.

How do I prevent measles?

Getting vaccinated is the best way to prevent getting or exposing others to measles.

The measles vaccine, known as the MMR (measles, mumps, rubella) vaccine, is safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles. If you think you have measles or have been exposed, please contact your healthcare provider immediately.



PROTECT YOUR FAMILY.

Vaccinations are safe and effective for children to receive at the recommended ages.

Learn more about
measles and how to
stay protected.

 healthy.arkansas.gov

