

# Measles

## What is Measles?

- Measles is a highly contagious viral illness that spreads through droplets in the air or direct contact with nasal or throat mucus from the infected person.
- Complications may include pneumonia, hearing loss, or even death.

## How to protect yourself

- Vaccination with 2 doses of the measles, mumps, and rubella (MMR) vaccine is the best prevention.
- Children can get their first dose at 12 months old.
- If you have not been vaccinated, it is not too late to get vaccinated as an adult.

## Symptoms



Runny nose



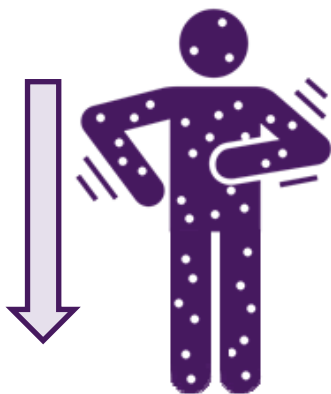
High Fever  
( $\geq 101^{\circ}\text{F}$ )



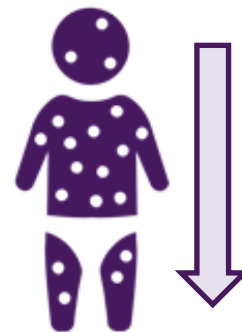
Red or  
watery eyes



Coughing



- Tiny white spots inside the mouth
- Rash that may spread from the face to the neck, chest, arms, legs, and feet



**If you have symptoms, please call your doctor  
or primary care provider.**

[alabamapublichealth.gov/imm](http://alabamapublichealth.gov/imm)