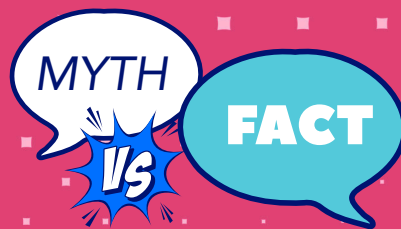


CHIEF NURSE



10 FACTS About Measles

1

MEASLES IS HIGHLY CONTAGIOUS.

Nine in 10 unvaccinated people exposed to a person with the measles virus will become infected.

2

THE MMR VACCINE IS THE BEST WAY TO PREVENT MEASLES.

Two doses of the MMR vaccine are 97% effective in preventing measles.

3

HERD IMMUNITY PROTECTS THE COMMUNITY.

When more than 95% of the community is vaccinated, it protects everyone, including infants too young for vaccination.

4

MEASLES VACCINATION RATES ARE DOWN.

97% of measles cases have been in unvaccinated people.

5

THE MEASLES VACCINE (MMR) IS SAFE AND EFFECTIVE.

Measles vaccines have been in use for more than 50 years and have saved about 60 million lives worldwide.

6

THE MEASLES VACCINE HAS A LOW RISK OF SIDE EFFECTS.

Most side effects, such as a sore arm or low-grade fever, are mild and temporary.

7

THE MMR VACCINE DOES NOT CAUSE AUTISM.

Extensive research has shown no link between the MMR vaccine and autism.

8

MEASLES CAN CAUSE SERIOUS COMPLICATIONS.

It can cause pneumonia, brain swelling, pregnancy complications and even death (especially in young kids).

9

1 IN 5 PEOPLE WITH MEASLES WILL BE HOSPITALIZED.

In 2024, the hospitalization rate for measles was higher, with 2 in 5 Americans hospitalized.

10

VITAMIN A DOES NOT PREVENT OR CURE MEASLES.

It may lessen severe measles symptoms in people with Vitamin A deficiency.

MEASLES IS SPREADING. [IT IS PREVENTABLE.](#)



Cook County DEPT. of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**

**GET
THE FACTS.**





HEALTH
EDUCATOR

5 THINGS YOU CAN DO

Protect yourself and your family against measles

1 CHECK YOUR IMMUNITY.

Make sure you are fully vaccinated with two doses of the MMR vaccine.

If you're unsure, contact your healthcare provider or visit the Illinois Department of Public Health Vax Verify website at dph.illinois.gov/vaxverify.html.

If you were vaccinated between 1963-1967, check with your healthcare provider about a revaccination.

If you were born before 1957 it is presumed that you have been exposed to measles. A blood test can confirm your immunity.

2 GET VACCINATED.

Contact your health care provider to schedule a measles vaccination. If you don't have a health care provider, call Cook County Health at 312-864-1111 to make an appointment for a free measles vaccination.

3 WATCH FOR SYMPTOMS.

Measles symptoms can show up 21 days after exposure and can include:

- rash
- high fever
- cough
- runny nose
- red, watery eyes

4 STAY HOME IF SICK.

If you are sick, stay home. Call your health care provider or ER before showing up for medical evaluation to protect other people from exposure.

5 STAY INFORMED.

Scan the QR code below for more information.

MEASLES IS SPREADING.
IT IS PREVENTABLE.

**GET
THE FACTS.**



Cook County DEPT. of
Public Health

**BUILDING
HEALTHIER
COMMUNITIES**