

## With Measles Cases Rising, Advice from Health Plan of San Joaquin

Doctors thought they had mostly wiped out measles in the USA in 2000. But there have been outbreaks here since then, mostly this year. Here's why:

- Most people who get measles are not vaccinated.
- Measles is still common in other countries.
- When unvaccinated people from the U.S. travel to other countries, they can get measles. And when they return, they can spread this very contagious disease.



### Know the symptoms

- Measles starts with a fever, a cough, a runny nose, and red eyes.
- Next, a rash of red spots breaks out all over the body. (left)
- Kids with measles may also get an ear infection. Or they may have diarrhea.
- Measles is very contagious, it can stay in the air even after a person carrying the disease has left the area.
- It can be serious. It can cause pneumonia and swelling of the brain. Some kids even die from measles.

### Protect your child with the Measles Vaccine

It's safe and effective. And it's a blend vaccine. It protects against measles, mumps, and German measles.

As stated by the American Academy of Pediatrics and the Centers for Disease Control and Prevention (CDC), children need two doses of the vaccine.

- First dose: 12 to 15 months of age
- Second dose: 4 to 6 years of age

For those children that did not get it during this time frame, check with your doctor for a catch-up plan.

### Here's the bottom line –

A person who is not guarded by immunization, such as children too young to be vaccinated, are at risk of measles infection. That is why it is so vital to be up-to-date on shots, such as before traveling to other parts of the world where measles is still common. Before traveling abroad, check with the CDC, which keeps up-to-date travel notices on its website: [wwwnc.cdc.gov/travel/notices](http://wwwnc.cdc.gov/travel/notices).



Adults and teens may also need the measles shot," said Dr. Lakshmi Dhanvanthari, M.D. "Ask your doctor if you or your child should get one. If needed, the CDC advises 2 doses, split by at least 28 days.

