

# 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](https://healthy.arkansas.gov)

