

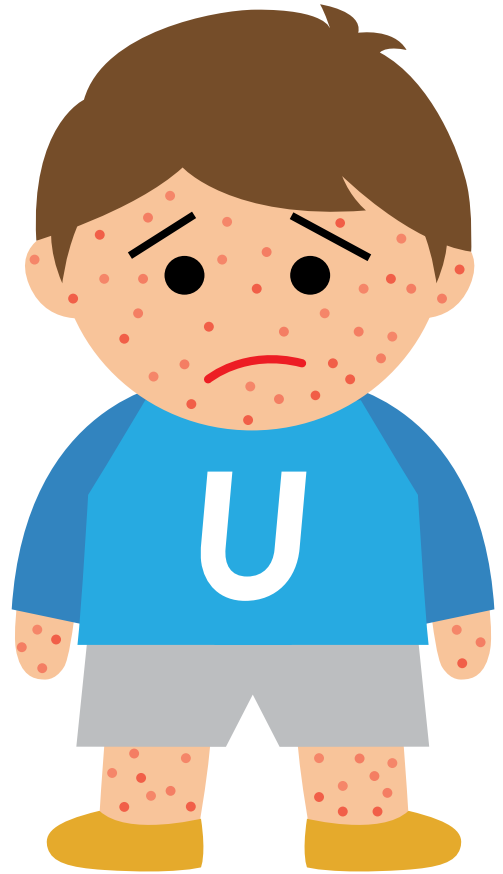
# How do I protect my child from measles?

Measles is a highly contagious viral respiratory infection that is spread when a person comes in direct contact with infected droplets through the air.

**There is no specific medical treatment for measles — the best thing to do is to get your child vaccinated.**

All children\* should receive two doses of measles-mumps-rubella (MMR) vaccine.

(\*except those with a medical contraindication)



**First dose:  
12-15 months of age**

**Second dose:  
4-6 years of age**

(may be given earlier, if at least  
28 days after the first dose)



## If your child is showing symptoms:

- Stay home away from others
- Rest and drink plenty of fluids and eat a normal diet
- Keep away from direct sunlight
- Take two doses of vitamin A
- Watch closely since serious complications may arise, such as pneumonia, brain inflammation and death
- Consult your physician as soon as you are aware or suspect that your child has been exposed to or has measles

## Traveling to measles endemic/epidemic areas

If your family is planning to travel to an area with endemic/epidemic measles, one dose of MMR should be given to infants over 6 months of age and under 12 months. Travel with infants under 6 months of age should be carefully considered and, if possible, discussed with a pediatric travel physician.