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.

For more health tips, visit uclahealth.org/mattel