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Measles Prevention PSA

[Measles](#) is a highly contagious disease that is caused by the measles virus. It spreads when an infected person coughs or sneezes. The measles virus can survive for up to 2 hours in the air and on surfaces. 9 out of 10 people who are not immune to measles will get it. Measles is especially dangerous for babies and young children.

Symptoms appear 7 to 14 days after exposure. Symptoms of measles include:

- Rash
- Cough
- Runny nose
- Red, watery eyes
- High fever, which may exceed 104°F
- Tiny white spots (Koplik spots) in the mouth

Individuals at highest risk for being infected with measles and developing complications include:

- Children younger than 5 years old
- Adults older than 20 years old
- Pregnant women
- People with weakened immune systems

The best way to prevent measles is to receive the [measles, mumps, and rubella \(MMR\) vaccine](#). Most people who receive the MMR or MMRV vaccine are protected for life.

The MMR vaccine is safe and effective. 1 dose of the MMR vaccine is 93% effective at preventing measles and 2 doses are 97% effective. Please talk with your primary care physician about getting the MMR vaccine if you are unvaccinated or unsure of your vaccination status.

Additional resources:

- [CDC Measles Homepage](#)
- [CDC How Measles Spreads](#)
- [CDC Measles Symptoms and Complications](#)
- [CDC Measles Vaccination](#)