

# Measles prevention, information and vaccination guidelines to stay healthy

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## MEASLES

**DURATION of the DISEASE**  
7-14 days

### PREVENTION

What does MMR vaccinate against?

MUMPS

MEASLES

RUBELLA

**SYMPTOMS**

COUGH

LOSS of APPETITE

SENSITIVITY TO LIGHT

SLEEPINESS

PINK EYE

RUNNY NOSE

SPOTS INSIDE THE MOUTH

FEVER

**COMPLICATIONS**

BLINDNESS

PNEUMONIA

ENCEPHALITIS

DEAFNESS

DEATH

As you may have heard on the news, there has been an outbreak of measles in the United States. The closest documented case to our Siletz Community Health Clinic (SCHC) was reported in Seattle, Wash.

The reach of the outbreak so far has affected ten states. We are not waiting for “if” we see it here, we’re waiting for “when” we see it here. The team of providers here at SCHC are watching this outbreak closely and carefully, keeping track of its movements and first symptoms.

Measles is a highly contagious viral infection. Symptoms typically appear 7-14 days after exposure and include:

- Fever
- Cough
- Red eyes
- Koplik spots
- Runny nose
- Rash

Please note, the distinctive red rash that starts on the face and spreads downward. This rash is a key indicator that medical help should be sought immediately.

Vaccination is the most effective way to prevent measles. The CDC recommends two doses of the measles, mumps, and rubella (MMR) vaccine for children: the first dose at 12-15 months and the second at 4-6 years. Adults who have not been vaccinated or lack evidence of immunity should also receive one or two doses of the MMR vaccine.

The MMRV vaccine, which includes protection against varicella (chickenpox), is available for children aged 12 months to 12 years. Vaccination not only protects individuals but also helps prevent the spread of measles to vulnerable populations.

Certain groups are at higher risk for measles complications, including:

- Children under five
- Adults over 20
- Pregnant women
- Individuals with compromised immune systems

Healthcare personnel, international travelers, and close contacts of immunocompromised individuals should ensure they are vaccinated. If you suspect exposure to measles, seek medical advice immediately.

Measles spreads through respiratory droplets in the air when an infected person coughs or sneezes. It can lead to severe complications, especially in young children.

**Some common complications from measles may include:**

**Hospitalization:** About 1 in 5 unvaccinated people in the U.S. who get measles is hospitalized.

**Pneumonia:** As many as 1 out of every 20 children with measles gets pneumonia, the most common cause of death from measles in young children.

**Encephalitis:** About 1 child out of every 1,000 who get measles will develop encephalitis (swelling of the brain). This can lead to convulsions and leave the child deaf or with intellectual disability.

**Death:** Nearly 1 to 3 of every 1,000 children who become infected with measles will die from respiratory and neurologic complications.

**Complications during pregnancy:** If you are pregnant and have not had the MMR vaccine, measles may cause birth prematurely, or have a low-birth-weight baby.

**Ear infections:** Can occur in about 1 out of every 10 children with measles.  
**Diarrhea:** Reported in less than 1 out of 10 people with measles.

Despite being declared eliminated in the United States in 2000, measles outbreaks still occur, primarily due to unvaccinated individuals.

As of April 2025, the CDC reports 607 confirmed measles cases across 22 jurisdictions in the United States. The majority of these cases (93%) are associated with outbreaks, underscoring the importance of vaccination. Among the reported cases, 32% are in children under five, 40% in individuals aged 5-19 years, and 26% in adults aged 20 years and older. Hospitalization rates are highest among children under five, with 21% of cases requiring hospital care. Tragically, there has been one confirmed death from measles this year, with another death under investigation.

He thinks

# “Measles”

are “plane snacks for me.”

Childhood vaccinations  
keep it that way

To control the spread of measles, individuals with suspected cases should take precautions before visiting healthcare facilities. Contact your healthcare provider or local health department before going to a doctor’s office or emergency room to prevent exposing others. Measles is highly contagious and can survive in the air for up to two hours after an infected person leaves the room. By following these guidelines and ensuring vaccination, we can protect ourselves and our communities from the dangers of measles.

For more information and resources on measles vaccination, visit the CDC’s Measles Resources page at [www.cdc.gov/measles/data-research/](http://www.cdc.gov/measles/data-research/). To access a vaccine, visit your local public health department or most pharmacies. If you or your children are missing one or both MMR vaccines and would like to schedule a nurse’s appointment at SCHC to get one, please call 541-444-1030.