

Measles : Key Information & Recommendations



West Hartford-Bloomfield Health District

Measles is a highly contagious viral disease that can be prevented through vaccination. The measles, mumps, and rubella (MMR) vaccine is the primary prevention method.

Symptoms of measles include high fever, watery eyes, a runny nose, and a cough. A rash appears on the third to seventh day of illness. The rash may appear red and blotchy. It usually begins on the face and then spreads down the body, arms, and legs. The rash may eventually cover the entire body. Rash may last for 7 days. If your child has been affected, it may take 7 to 21 days for symptoms to start.

If you think your child has measles, tell your childcare provider or call the school. Please keep your child home from childcare and school for at least 4 days after the rash first appeared and the infectious period has passed. A child with measles should not attend any activities during the infectious period.

RECOMMENDED MEASLES VACCINATION SCHEDULE

Children:

Routine Childhood Immunization:

- 1st Dose: 12–15 months old
- 2nd Dose: 4–6 years old
 - May be given earlier, provided it is at least 28 days after the first dose

Adults:

- Born in or After 1957 with No Evidence of Immunity:
 - At least one dose of the MMR vaccine
 - High-risk adults (e.g., college students, healthcare personnel, international travelers)
 - A second dose should be given at least 28 days apart

International Travelers:

- If vaccination status is unknown, get fully vaccinated against measles at **least 2 weeks** before your trip. If it's less than 2 weeks away and you're not protected, get an MMR dose
- Monitor your health for **3 weeks after returning**, as measles is highly contagious

Children, adolescents, or adults who missed a dose should catch up as soon as possible while adhering to the minimum interval of more than 28 days between doses.

For up-to-date travel notices, please visit the CDC's website

at:



PREVENTION:

- Cover nose and mouth when coughing and sneezing
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth

KEY POINTS:

- Measles is preventable through timely MMR vaccination
- Two doses of the MMR vaccine are 97% effective at preventing measles
- Immunization protects individuals and helps prevent outbreaks
- Special vaccination considerations apply to healthcare settings and international travel

For more information, call the West Hartford-Bloomfield Health District at 860-561-7900.