



**Phoenix
Children's**

Could It Be Measles?

A Guide for Caregivers

Which children are at risk for measles?

Children are more at risk for measles if they have not had the MMR vaccine (measles, mumps and rubella) and they come in contact with someone who has measles. A person starts being contagious about four days before they develop the typical measles rash, so a child may have contact with the virus without knowing it.

Think your child has measles?

Measles usually starts with a fever, cough, runny nose and red eyes that leads to a rash.

If someone in your family has measles symptoms:



Keep them away from healthy family members.



Stay home.



Call your doctor right away.

When to go to the emergency room:

If the child who is sick rapidly gets worse or has any of the following symptoms, take them to the nearest emergency department, preferably one that specializes in pediatrics. Please call ahead and report a suspected case of measles, so hospital staff can establish proper precautions and prevent measles from spreading further:

- Trouble breathing
- Pain when breathing
- Dehydration
- Fever or headache
- Confusion, decreased alertness
- Blue color around mouth



Measles is serious, especially for babies and young children.

Measles can cause severe health complications, including pneumonia, swelling of the brain (encephalitis) and death.



1 out of 5

people who get measles will be hospitalized.



1 out of every 20

children with measles will get pneumonia.

You can protect your child.

Provide your children with safe and longlasting protection against measles by making sure they get the measles, mumps and rubella (MMR) vaccine. Talk to your child's pediatrician if you have any questions.



Learn more about
measles vaccine
recommendations:

[cdc.gov/measles/hcp/
vaccine-considerations](https://cdc.gov/measles/hcp/vaccine-considerations)