

WASHINGTON STATE DEPARTMENT OF HEALTH

# Measles Communications Toolkit for Washington State Partners



For use by Local Health Jurisdictions,  
Providers, Tribal Nations and Confederacies,  
Urban Indian Health Organizations (UIHOs),  
and Community Partners.

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## Introduction

Measles outbreaks are becoming an increasing concern in 2025.

As of March 14, 2025, the Centers for Disease Control and Prevention (CDC) [reports 301 confirmed measles cases across 15 US states](#), including one confirmed death and one death under investigation. Notably, **95% of these cases involved individuals who were unvaccinated or had unknown vaccination status.**

As of March 18, 2025, Washington has confirmed two measles cases this year. The first case was likely exposed to measles during recent international travel. The second case is linked to the first and was likely infected at a location where the initial case had visited while contagious.

The most important thing individuals can do to help protect themselves, their families, and their communities from measles is to make sure that everyone who can be vaccinated is up to date on measles vaccination.

The Washington State Department of Health (DOH) supports immunization in Washington through the Office of Immunization (OI). The DOH boosts childhood immunization rates through the Childhood Vaccine Program (CVP), Care-a-Van mobile program, Immunize WA Awards, school partnerships, provider training, and public outreach.

In the 2023-2024 school year, 91.3% of kindergarteners in Washington were complete for measles immunization.

The DOH is closely monitoring measles cases nationally and statewide, and will provide updates as the situation evolves. We have a robust response plan in place and are actively promoting the measles, mumps, and rubella (MMR) vaccine through education and awareness efforts to prevent measles and respond to potential outbreaks.

## Empowering Effective Communication

This measles communications toolkit is designed to support our valued partners across Washington State, including Local Health Jurisdictions, Providers, Tribal Nations and Confederacies, Urban Indian Health Organizations (UIHOs), and community organizations.

By providing a centralized resource, we aim to:

- Address measles misinformation and promote vaccine confidence.
- Foster a culture of vaccine safety and community well-being.
- Ensure consistency in communications, driving effective health promotion and education.

Together, let's promote immunization awareness and strengthen community health!

## Getting Started with the Toolkit

To boost MMR vaccination rates and prevent measles, we must share accurate, science-based messages that resonate with diverse audiences, including those who are under- or unvaccinated. Effective outreach requires empathy, acknowledging concerns, and finding common ground to address vaccine hesitancy and build vaccine confidence. By doing so, we can empower individuals to make informed decisions and promote public health.

1. **Use messaging as-is or tailor it:** Customize the provided messaging to resonate with your audience's unique needs.
2. **Add your program's details:** Include your program's website, phone number, and name to provide clear next steps.
3. **Craft a clear call to action:** Define a purpose, strategy, and call to action in your communications to drive meaningful engagement.

This toolkit includes premade materials and drop in, do-it-yourself materials.

Have questions or feedback? Please contact [OI@doh.wa.gov](mailto:OI@doh.wa.gov).

## Media Support and Coordination

No need to handle vaccine conversations alone!

For media requests, or media-related questions and support, partners can reach out to our Risk Communications & Media Relations team at [DOH-PIO@doh.wa.gov](mailto:DOH-PIO@doh.wa.gov).

For other coordination assistance and support not related to media, we ask partners to contact [DOH.Information@doh.wa.gov](mailto:DOH.Information@doh.wa.gov) so we can triage your request to the appropriate subject matter expert.

### Key Considerations:

- Local Health Jurisdictions (LHJs) with cases in their county will lead media inquiries, with DOH providing support as requested, including communications resources like toolkits, talking points, and web content.
- In the event of a multi-state outbreak, (or linked outbreaks in multiple counties in WA), DOH will take the lead to collaborate with impacted LHJs.

### Key Messages

1. Measles is a **highly contagious** virus, which can cause serious illness.
2. The best protection against measles is vaccination.

3. Families and health care providers should work together to ensure everyone is current on their routine immunizations, including MMR vaccine.
4. If you think you or your child may have measles, contact your health care provider. Make sure to call before you visit their office so they can prepare to keep other patients safe.
5. Health care providers should be alert for patients that display symptoms consistent with measles.

## Talking Points

### Measles Information

- Measles is a **highly contagious virus** which can cause serious illness.
- Symptoms of measles include fever, cough, runny nose, and red, watery eyes. A full-body rash typically develops on the head or face and spreads down the body. Click to see [photos of measles from the CDC](#).
- People infected with measles can spread the virus by coughing or sneezing. The virus may remain in the air for two hours after an infected person has left.
- People with measles are contagious for up to four days before their rash even begins, making it easy to spread before you realize you have measles.
- People who have been exposed to measles may become ill between seven and 21 days after the exposure.
- The only treatment for a measles infection once it occurs is over the counter (OTC) products for symptom relief.
- Unvaccinated infants, young children, pregnant people, and those who are immunocompromised are at highest risk of severe measles complications, which can include pneumonia, encephalitis, brain damage, pregnancy complications and even death.
- The MMR vaccine is the strongest protection against measles. Two doses of measles-containing vaccine are approximately 97% effective at preventing measles.

### Measles, Mumps, Rubella (MMR) Vaccine

- Children should receive two doses of MMR vaccine.
  - The first dose is given between 12 and 15 months of age.
  - The second dose is given between 4 and 6 years of age.
- Adults who have never been vaccinated against measles or do not have evidence of immunity should get at least one dose of the MMR vaccine. Adults who are unsure of their

vaccination status can check [MyIR](#) or request a complete immunization record from their health care provider, clinic, local pharmacy, child’s school, or DOH, or request a titer. [More information is available here.](#)

- Health care staff without measles immunity should get two doses of MMR vaccine, separated by at least 28 days.
- If you are planning international travel, it's essential to protect yourself and your loved ones against measles. The CDC recommends that anyone six months or older get vaccinated before traveling abroad. Infants 6-11 months old should get one dose of the MMR vaccine before international travel, followed by two more doses after their first birthday.
- Getting vaccinated protects yourself, your family, and others in the community. This protects people who can’t get vaccinated, such as those with weakened immune systems, infants, and pregnant people.

## Measles and Schools and Child Care Centers

- Washington state has [existing laws to prevent the spread of measles in children.](#)
- In Washington state, children attending schools or licensed child care centers must:
  - Have 2 doses of MMR vaccine by age 4, or a valid exemption.
  - Receive 1 dose of MMR vaccine as soon as eligible if attending licensed child care.
  - Get a second dose of MMR or MMRV by age 4 for preschool or child care entry.
- Child care workers or volunteers are required to show proof of immunity or vaccination for measles.
- If a measles outbreak happens in your community, children without proof of measles vaccination may be excluded from school and child care for 21 days after the onset of rash in the last case of measles in the school or child care setting. Exclusion measures protect these children from exposure and limit the spread of disease.

## Measles and International Travel

- All international travelers should be up to date on MMR vaccine.
- Travelers should plan to be fully vaccinated against measles at least two weeks before leaving.
- If you are less than two weeks away from travel, you can still get one dose of MMR vaccine. One dose of MMR vaccine prevents measles infection in 93% of people.
- Infants who are under 12 months of age can get an early dose of MMR starting at six months of age.

- Children over 12 months of age, and teens and adults without evidence of measles immunity can get one dose of MMR immediately, with a second dose 28 days after the first.
- Monitor your health for three weeks after returning from travel. If you or your family gets sick with a rash and fever, call your doctor. Let them know you traveled abroad as well as your vaccination status.

## For Health Care Providers

DOH recommends health care providers follow five steps when dealing with potential measles cases:

1. **Isolate:** Keep patients with a rash and fever away from shared spaces. Keep the patient in an airborne infection isolation room or a private room with a closed door.
2. **Notify:** Immediately notify your local health jurisdiction (LHJ) about suspected cases to ensure testing and investigation.
3. **Test:** Work with your LHJ to get approval to test for measles through the [Washington State Public Health Laboratories \(PHL\)](#).
4. **Manage:** Provide appropriate measles post-exposure prophylaxis (PEP) to close contacts without evidence of immunity in coordination with your LHJ.
  - There are two types of PEP for measles: MMR vaccine or Immune Globulin (IG). To help provide protection or modify the clinical course of disease among susceptible people, administer one of these:
    - i. MMR vaccine, if administered within 72 hours of initial measles exposure.
    - ii. Immune Globulin (IG), if administered within 6 days of exposure.
  - Please see [Red Book](#) Measles chapter [Table 3.32](#) and [Table 3.33](#) for additional clinical indications for PEP.
5. **Vaccinate:** Make sure all your patients are up to date on MMR vaccine, especially before international travel.

## Measles and MMR Vaccine Tracking

- Individual health care providers are [required to immediately report](#) suspected measles cases to their local health jurisdiction (LHJ). The LHJ investigates and is required to immediately notify DOH Communicable Disease Epidemiology (CDE). DOH tracks this information and reports confirmed measles cases to the CDC.
- The DOH tracks MMR vaccine coverage in young and school-age children using [data from the Washington Immunization Information System \(WAIS\)](#) and [school reporting](#). The data allows DOH to estimate measles vaccination coverage in different areas of the state and monitor trends over time.



## Trusted Measles Information Websites

You may choose to share links to your own web pages. If you would like to share the Washington State Department of Health's links, we suggest sharing any of the following:

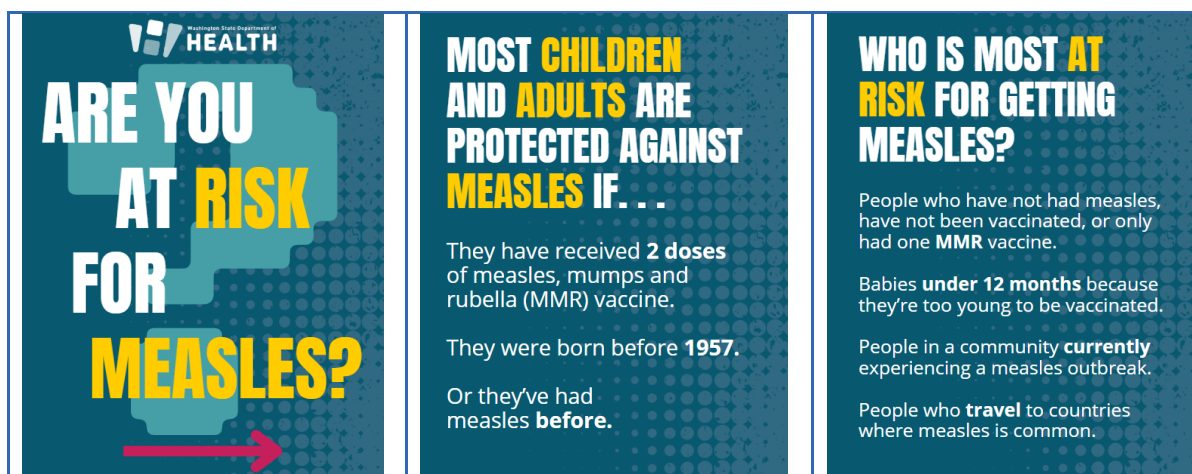
- [DOH Measles Information page](#).
- [DOH Measles, Mumps, and Rubella \(MMR\) page](#).
- [Measles cases and outbreaks](#) on the CDC website.
- Find MMR vaccination coverage data for young children on our [Immunization Measures by County Dashboard](#).
- Additional immunization coverage data for the school-age population is available on our [School Immunization Dashboard](#).
- CDC Health Advisory on the [Washington Health Alert Network \(WA HAN\)](#).

## Social Media Materials from DOH

[Click to view and download graphics.](#)

Audience: Washington residents, public.

Use our pre-designed, DOH-branded social media materials, add your Local Health Jurisdiction's (LHJ) logo, and create your own unique posts.



**ARE YOU AT RISK FOR MEASLES?**

**MOST CHILDREN AND ADULTS ARE PROTECTED AGAINST MEASLES IF...**

- They have received **2 doses** of measles, mumps and rubella (MMR) vaccine.
- They were born before **1957**.
- Or they've had measles **before**.

**WHO IS MOST AT RISK FOR GETTING MEASLES?**

- People who have not had measles, have not been vaccinated, or only had one **MMR** vaccine.
- Babies **under 12 months** because they're too young to be vaccinated.
- People in a community **currently** experiencing a measles outbreak.
- People who **travel** to countries where measles is common.



## WHY IS THE MMR VACCINE IMPORTANT?

Measles is one of the **quickest** spreading diseases.

If you **breathe** the air in a space up to 2 hours after someone with measles was there, you can get measles.

A person doesn't even have to feel sick to spread measles *in the air!*

## MEASLES VIRUS STAYS IN THE AIR FOR UP TO 2 HOURS.



## HOW DO WE STOP MEASLES IN OUR COMMUNITIES?

Because measles spreads to people without immunity very quickly, **95% of the community needs to be vaccinated** or immune from measles to stop it from spreading.

Two doses of MMR vaccine protects **97%** of people from getting measles.

## 19 IN 20 PEOPLE MUST BE IMMUNE FROM MEASLES TO STOP IT FROM SPREADING.



## PROTECT THOSE WHO CAN'T GET VACCINATED.

Certain people, like babies younger than 12 months, those who are pregnant, and people with weakened immune systems can't get vaccinated.

**Vaccinating yourself protects those who can't.**

## TALK TO A TRUSTED HEALTH PROFESSIONAL TO SEE IF YOU'RE PROTECTED OR NEED MMR VACCINE TODAY!



## 19 DE CADA 20 PERSONAS NECESITAN SER INMUNES AL SARAMPION PARA EVITAR QUE SE PROPAGUE.



## Learn about measles



## What is measles?

**Measles** is a very contagious disease caused by the measles virus. It begins with a high fever, cough, runny nose, and red, watery eyes. After three to five days, a rash starts at the face and spreads to other parts of the body.

In some cases, measles can cause hospitalization, brain swelling, pneumonia, and death. Children under 5 years of age, those with weak immune systems, and pregnant people are most at risk.

## Common Symptoms

High Fever



Cough



Watery Eyes



Runny Nose



Full Body Rash



## How Does Measles Spread?

A sick person can spread measles by coughing, sneezing, breathing, or talking. People can get measles when they breathe this air or if they get the virus on their hands and touch their face. Measles stays in the air for up to two hours, so people can get measles even after a sick person has left the area.

## Stay At Home and Call Your Doctor

If you have symptoms of measles, call your doctor's office. They will give you special instructions to avoid getting others sick.

It's important not to spread measles to others.

Stay at home if you have measles.

Don't have visitors if you have a fever or rash.



## Protect Your Family From Measles

The measles, mumps, and rubella (MMR) vaccine is the strongest protection against measles.

The MMR vaccine is more safe than getting sick with measles.

Children get MMR vaccine at 1 and 4 years of age.

People can still get the MMR vaccine if they didn't get it as a child.

People should get vaccinated two weeks before travel to different countries.

The US and other countries still have measles outbreaks.

Getting vaccinated protects yourself, your family, and your community from getting sick.

Talk to a trusted doctor, nurse, or pharmacist if you have questions.



# MEASLES VACCINE OUR BEST PROTECTION



## PEOPLE AT HIGH RISK FOR SEVERE ILLNESS AND COMPLICATIONS FROM MEASLES

Infants and children less than 5

Adults greater than 20

Pregnant people

People with compromised immune systems, such as from leukemia or HIV infection

## 2 DOSES OF MMR VACCINE IS 97% EFFECTIVE AT PREVENTING MEASLES.

The vaccine is effective at preventing measles, but it's not perfect. There is still a small chance of getting measles if you're vaccinated.

Nearly 10 out of 10 people get lasting protection from the vaccine.

## NUMBER AT RISK OF GETTING MEASLES

3%



Vaccinated with MMR

100%



Not vaccinated

## DID YOU KNOW?

Every year, measles is brought into the United States by unvaccinated travelers who get measles while they are in other countries. **Anyone who is not protected against measles is at risk.**

About **1 in 4** people in the U.S. who get measles will be hospitalized.

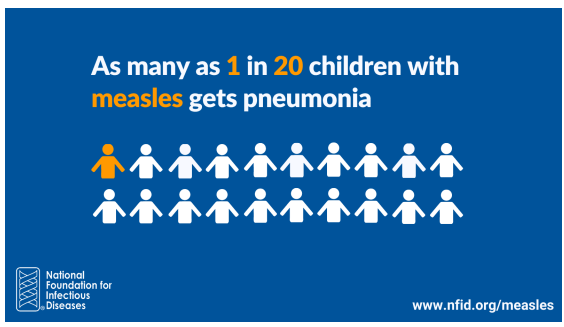

**1 or 2 out of 1,000** people with measles will die, even with the best care.





<h3>HOW DOES MEASLES VACCINE HELP?</h3> <p>MMR vaccine provides <b>significant and long-lasting protection</b> against all strains of measles and greatly reduces the risk of complications.</p> <p>Since the widespread use of the MMR vaccine in the U.S., the number of people with measles has decreased by <b>more than 99%</b>.</p> <p>MMR vaccine doesn't just protect against measles—it also protects against rubella and mumps.</p> 	<h3>WHAT CAN YOU DO?</h3> <p><b>Get vaccinated.</b> Make sure you and your kids are up to date on MMR vaccine. Check with a trusted healthcare provider. MMR vaccine is available to all Washington kids at <b>no cost</b>.</p> <p>Find the vaccination rate of your school at <a href="http://www.schooldigger.com">www.schooldigger.com</a>.</p> <p>Sign up for MyIR, which lets you see your family's vaccinations at home and get reminders. Go to <a href="http://wa.MyIR.net">wa.MyIR.net</a></p> 	<h3>Aprenda sobre el sarampión</h3>  
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#### Tips for Posting:



- Be mindful of word limits and linking capabilities, which vary across social media sites.
- Break up longer messages into shorter posts, if needed.
- Consider sharing links in your social media profile's "bio" section instead of directly in the post.

 <p>As many as <b>1 in 20</b> children with <b>measles</b> gets pneumonia</p> <p>National Foundation for Infectious Diseases <a href="http://www.nfid.org/measles">www.nfid.org/measles</a></p>	<p><u><a href="#">Social Media Posts and Graphics from The National Foundation for Infectious Diseases (NFID)</a></u></p>
<p><b>Sample Post:</b> #DYK: #Measles is highly contagious and can result in severe, sometimes permanent complications including pneumonia, deafness, hospitalization, and even death? #GetVaccinated to help #PreventMeasles. Learn more at <a href="http://www.nfid.org/measles">www.nfid.org/measles</a>.</p>	
 <p>Getting your child vaccinated against measles is <b>MUCH</b> safer than risking an infection.</p> <p>If <b>10,000</b> children get measles, it can cause:</p> <ul style="list-style-type: none"> <li>2,000 hospitalizations</li> <li>500 cases of pneumonia</li> <li>1,000 ear infections with potentially permanent hearing loss</li> </ul> <p>Vaccines help protect against these scary scenarios.</p>	<p><u><a href="#">Social Media Carousel Graphics in English and Spanish</a></u></p> <p>Developed by The Public Good Projects, hosted on Partnering for Vaccine Equity Resource Hub.</p>

		<h2>Measles Graphics, Posters, and Other Resources from the CDC</h2>
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## Video Resources

These animated public service announcement videos from the National Foundation for Infectious Diseases (NFID) highlight the importance of getting vaccinated to prevent measles. Share these videos using the hashtags *#GetVaccinated* and *#PreventMeasles*.

	<h3>Share Video: This is How Easy it is to Spread Measles</h3> <p>(0:15)</p>
	<h3>Share Video: 5 Things You Need to Know About Measles in 30 Seconds</h3> <p>(0:30)</p>

# DOH Health Promotion and Education Resources

 <p><b>Learn About Measles</b></p> <p><b>What is measles?</b> Measles is a very contagious disease caused by the measles virus. Measles begins with a high fever, cough, runny nose, and red, watery eyes. After three to five days, a rash starts at the face and spreads to other parts of the body. In some cases, measles can cause hospitalization, brain swelling, pneumonia, and death. Children under 5 years of age, those with weak immune systems, and pregnant people are most at risk.</p> <p><b>Common Symptoms</b> High Fever Cough Runny Nose Red, Watery Eyes Full Body Rash</p> <p><b>How Does Measles Spread?</b> A sick person can spread measles by coughing, sneezing, breathing, or talking. People can get measles when they breathe this air or if they get the virus on their hands and touch their face. Measles stays in the air for up to two hours, so people can get measles even after a sick person has left the area.</p> <p><b>Stay At Home and Call Your Doctor</b> If you have symptoms of measles, call your doctor's office. They will give you special instructions to avoid getting others sick. It's important not to spread measles to others. Stay at home if you have measles. Don't have visitors if you have a fever or rash.</p> <p><b>Protect Your Family From Measles</b> - The measles, mumps, and rubella (MMR) vaccine is the strongest protection against measles. - The MMR vaccine is more safe than getting sick with measles. - Children get MMR vaccine at one year and four years of age. - People can still get the MMR vaccine if they didn't get it as a child. - People should get vaccinated two weeks before travel to different countries. - The United States and other countries still have measles outbreaks. - Getting vaccinated protects yourself, your family, and your community from getting sick. - Talk to a trusted doctor, nurse, or pharmacist if you have questions.</p> <p>HEALTH Public Health Seattle &amp; King County</p>	<p><b>Informational Flyer: Measles Basic Information (PDF)</b></p> <p>Available in 18 languages.  <a href="#">Amharic (PDF)</a>   <a href="#">Arabic (PDF)</a>   <a href="#">Burmese (PDF)</a>   <a href="#">Chinese Simplified (PDF)</a>   <a href="#">Chinese Traditional (PDF)</a>   <a href="#">Dari (PDF)</a>   <a href="#">Hindi (PDF)</a>   <a href="#">Khmer (PDF)</a>   <a href="#">Korean (PDF)</a>   <a href="#">Nepali (PDF)</a>   <a href="#">Pashto (PDF)</a>   <a href="#">Russian (PDF)</a>   <a href="#">Somali (PDF)</a>   <a href="#">Spanish (PDF)</a>   <a href="#">Swahili (PDF)</a>   <a href="#">Tigrinya (PDF)</a>   <a href="#">Ukrainian (PDF)</a>   <a href="#">Vietnamese (PDF)</a></p>
 <p><b>Are You At Risk For Measles?</b></p> <p><b>Most children and adults are protected against measles if:</b> - They've received 2 doses of Measles, Mumps and Rubella (MMR) vaccine. - They were born before 1957. - They've had measles before.</p> <p><b>Who is most at risk for getting measles?</b> - People who have not had measles, have not been vaccinated, or only had one MMR vaccine. - Children under 6 months of age because they're too young to be vaccinated. - People in a community currently experiencing a measles outbreak. - People who travel to countries where measles is common.</p> <p><b>Why is the MMR vaccine important?</b> Measles is one of the quickest spreading diseases. If you breathe the air in a space where someone has measles, you can get measles. A person doesn't even have to feel sick to spread measles in the air!</p> <p>Measles stays in the air for up to 2 hours.</p> <p><b>How do we stop measles in our communities?</b> Because measles spreads to people without immunity very quickly, 95% of the community needs to be vaccinated or immune from measles to stop it from spreading. Two doses of MMR vaccine protects 97% of people from getting measles.</p> <p>19 in 20 people must be immune from measles to stop it from spreading.</p> <p><b>Protect those who can't get vaccinated.</b> Certain people, like babies younger than 6 months of age, those who are pregnant, and people with weakened immune systems can't get vaccinated. Vaccinating yourself protects those who can't.</p> <p><b>Talk to a trusted health professional to see if you're protected or need MMR vaccine today!!</b></p> <p>HEALTH To request this document in a different format, call 1-800-525-0127. deaf or hard of hearing customers, please call 712 (Washington Relay) or email: doh-interpret@doh.wa.gov DOH 146-719 March 2025</p>	<p><b>Informational Flyer: Are You At Risk For Measles? (PDF)</b></p> <ul style="list-style-type: none"> <li>• <a href="#">La mayoría de los adultos en los EE. UU. tienen bajo riesgo de contraer sarampión (PDF)</a></li> </ul>

### Facts About Measles

- People infected with measles can spread the disease to others up to one week before symptoms appear.
- A quarter to half of people infected with measles will not have symptoms.
- Since the introduction of measles vaccine in 1963, measles cases have reduced by 99%.
- MMR vaccine is required for child care and school entry in the state of Washington.
- People can still get the MMR vaccine if they don't get it as a child.
- Measles is one of the most contagious diseases. MMR vaccine provides the best protection.

**HOW COMMUNITY IMMUNITY WORKS**

**RELIABLE VACCINE INFORMATION**

**MEASLES IN WASHINGTON STATE**

**VACCINE INFORMATION AND MORE**

**SEE VACCINE RECORDS ONLINE**

**Help Via Grow**

**WASH STATE HEALTH**

**Did you know?** Measles is very contagious and can be serious, especially for young children.

**Protect Your Family and Community from Measles**

**Measles is very contagious and can be serious, especially for young children**

**Did you know?** When you get vaccinated, you protect not just yourself, but your whole community. You can help stop the spread of measles to other people who can't get vaccinated because of their health or age.

## Brochure: Watch Me Grow Measles Mailings

- [Protect Your Family and Community from Measles \(PDF\)](#)
- [Protect Your Family and Community from Measles \(Spanish\) \(PDF\)](#)

### Measles Vaccine: Our Best Protection

Measles is a contagious disease that causes high fever, cough, runny nose, and red watery eyes. A rash of tiny red spots breaks out 3-5 days after symptoms begin. It also can lead to infection of the lungs (pneumonia) and brain swelling (encephalitis), which may lead to brain damage or death. There is no treatment for measles, but there is a way to prevent it: the combination measles, mumps, and rubella (MMR) vaccine. It protects you and helps stop the spread of the measles virus to others.

**People at high risk for severe illness and complications from measles include:**

- Infants and children less than 5 years of age
- Adults greater than 20 years of age
- Pregnant women
- People with compromised immune systems, such as from leukemia or HIV infection

**Two doses of MMR vaccine is 97% effective at preventing measles.**

The vaccine is effective at preventing measles, but it's not perfect. There is still a small chance of getting measles if you're vaccinated. Nearly 10 out of 10 people get lasting protection from the vaccine.

**Number at Risk of Getting Measles**

3% Vaccinated with MMR  
100% Not vaccinated

**Did You Know?** Every year, measles is brought into the United States by unvaccinated travelers who get measles while they are in other countries. Anyone who is not protected against measles is at risk. About 1 in 4 people in the U.S. who get measles will be hospitalized. 1 or 2 out of 1,000 people with measles will die, even with the best care.

**How does measles vaccine help?**

- MMR vaccine provides significant and long-lasting protection against all strains of measles, and greatly reduces the risk of complications.
- Since the widespread use of MMR vaccine in the U.S., there has been a greater than 99% decrease in the number of people with measles.
- MMR vaccine doesn't just protect against measles—it also protects against rubella and mumps.

**What you can do**

- Get vaccinated. Make sure you and your kids are up to date on MMR vaccine. Check with your healthcare provider. MMR vaccine is available to all Washington kids at no cost.
- Find the vaccination rate of your school at [www.schoolstatus.com](http://www.schoolstatus.com).
- Sign up for MyIR, which lets you see your family's vaccinations at home and get reminders. Go to [wa.MyIR.net](http://wa.MyIR.net).

## Informational Flyer: Measles Vaccine Our Best Protection (PDF)

### ІНФОРМАЦІЯ ДЛЯ БАТЬКІВ

ХВОРОБИ ТА ВАКЦИНИ, ЯК ЗАПОБІГАЄТЬ ІМ

#### Кір та вакцина (ін'єкція), яка запобігає йому

Найкращий спосіб захиститися від хвороби — це зробити щеплення від кіру, паротиту, краснухи (відоме як вакцина КПК). Лікарі рекомендують здійснювати вакцинацію КПК усіх дітей.

**Чому моя дитина повинна отримати щеплення від КПК?**

- Вакцина КПК:
  - захищає вашу дитину від такого поширеного небезпечного захворювання, як кір, а також від паротиту і краснухи;
  - допомагає уникнути бактеріального викину та меншої температури в дитини від кіру;
  - допомагає дитині уникнути процесів у вусні чи ангіналі (а також допомогти вам уникнути процесів на рибці чи вибілюванні, ангіналі та дитини).

**Чи є вакцина КПК безпечною?**

Так, вакцина КПК дуже безпечно та ефективно в запобіганні кіру (а також від паротиту та краснухи). Вакцина, як і інші ліки, може мати певні ефекти. Ефект у більшості дітей не спостерігається ніби ефекти після щеплення від КПК.

**Якими є побічні ефекти?**

Більшість дітей не має побічних ефектів від вакцини. Побічні ефекти, які виникають, зазвичай дуже легкі, наприклад, висипання, температура, нудота, біль чи набуття ваги (у дітей). Але ж тимчасовий біль і набуття ваги (перезимовка в нудоту і дитину). Серйозні побічні ефекти трапляються дуже рідко. Серйозні — висока температура, яка може призвести до сну.

**Чи існує зв'язок між вакциною КПК та аутизмом?**

Ні. Науковці в США та Швеції та інші країни ретельно дослідили вакцину КПК. Жодного зв'язку між аутизмом і вакциною КПК не виявлено.

**Що таке кір?**

Кір — це висипання розсірених загорювання (у вигляді кір), яке супроводжується високою температурою. Він дуже заразний. У рідких випадках може призвести до смерті.

Лікарі рекомендують робити кожній дитині 2 дози щеплення від КПК для найкращого захисту. Ваші дітки повинні зробити одну дозу щеплення в кожну вік до зазначених дат:

- від 12 до 15 місяців
- від 4 до 6 років.

Незалежно від віку від 6 до 11 місяців повний курс щеплення 1 дозу щеплення від КПК перед відпочинком до виїзду країни.

## Informational Flyer in Ukrainian "Measles and the Vaccine that Prevents It" - CDC



## Tools to Support Vaccine Conversations

To support effective vaccine conversations and promote confidence, explore the following trusted resources from reputable health organizations.

1. [Talking with Parents about Vaccines | Childhood Vaccines | CDC](#): This CDC resource provides clear, concise, and evidence-based guidance on communicating with parents about vaccines.
2. [Vaccine Conversations | Children's Hospital of Philadelphia](#): These short videos address common topics and questions related to vaccines, their safety, and the science behind them.
3. [Communicating with Families and Promoting Vaccine Confidence | AAP](#): This AAP resource provides guidance on promoting vaccine confidence, addressing concerns, and communicating effectively with families.
4. [How to Talk with Patients About Vaccines | Institute for Vaccine Safety](#): This resource provides in-depth guidance on effective vaccine communication, including addressing concerns, building trust, and promoting vaccine confidence.

## Additional Partner Resources

- [Immunization Response Guide: Measles](#)
- [Clinical Overview of Measles \(CDC\)](#)
- [Ask The Experts About Vaccines: MMR \(Measles, Mumps, and Rubella\) \(immunize.org\)](#)
- [Measles Reporting and Investigation Guidelines \(PDF\)](#)
- [Interim Infection Prevention and Control Recommendations for Measles in Health Care Settings \(CDC\)](#)
- [Measles – Vaccine Preventable Diseases Surveillance Manual \(CDC\)](#)
- [Clinical Resources for Measles \(immunize.org\)](#)
- [Pink Book - Chapter on Measles \(CDC\)](#)
- [Protect Your Child from Measles - Infographic \(CDC\)](#)
- [3 Things Parents Need to Know About Measles and Vitamin A - Handout \(NFID\)](#)

## General Resources for the Public

- [DOH Measles Information Page](#)
- [DOH Measles, Mumps, and Rubella \(MMR\) page.](#)
- [MyIR: Access your Official Immunization Records](#)
- [Vaccine Provider Locations](#): The map can be used to identify providers who received publicly supplied vaccines through the Childhood Vaccine Program and Adult Vaccine Program.
- [MMR Vaccine – What Everyone Should Know \(CDC\)](#)



- [Measles](#) (CDC)
- [Mumps](#) (CDC)
- [Rubella](#) (CDC)
- [Vaccine Safety - Office of Immunization](#) (DOH)
- [Learn About the MMR Vaccine](#) (DOH)
- [Washington School Immunization Data and Reports](#) (DOH)
- [Measles Information for Travelers](#) (CDC)
- [Measles Talking Points, Resources and Tools to Help Communicate](#) (Public Health Communications Collaborative)
- [Frequently Asked Questions About Measles in the U.S.](#) (CDC)
- [10 FAQs on MMR and Measles Protection](#) (Your Local Epidemiologist)
- [Frequently Asked Questions about Measles](#) (NFID)