

Get vaccinated against measles

Measles is a highly contagious disease that can lead to serious health complications, especially for babies and young children.



Anyone who is not fully vaccinated against measles is at risk for hospitalization and even death. Aetna Better Health® Kids (CHIP) can help your child get vaccinated.

Symptoms of measles

Symptoms begin within 7 to 14 days of exposure

- High fever, cough, runny nose and red, watery eyes
- Tiny white spots may appear inside the mouth
- Rash on the face, neck, torso, arms, legs and feet
- Other symptoms include lack of appetite, ear infections, swollen lymph nodes and diarrhea (especially in infants)
- Severe complications include seizures, pneumonia (infection of the lungs) and encephalitis (swelling of the brain) and death

How it spreads

A person with measles can spread the virus to others starting 4 days before through 4 days after symptoms appear.

Measles spreads through coughing and sneezing from an infected person. A person might catch measles just by being in the same room as someone who is infected, even if they already left. The virus can linger in the air for up to two hours.

If someone breathes in this contaminated air or touches contaminated surfaces and then touches their face (like their eyes, nose, or mouth), they could become infected.

Stop the spread – get vaccinated

Measles is the leading vaccine-preventable disease killer of children throughout the world.

- The two vaccines are MMR (measles, mumps, and rubella) and MMRV (which includes varicella, or chicken pox).
- Two doses of MMR or MMRV vaccine are about 97% effective at preventing measles; one dose is about 93% effective.
- The first dose is typically given between 12 and 15 months of age and the second dose is given at 4 to 6 years old.

AetnaBetterHealthKidsPA.com
1-800-822-2447 (TTY: 711)



Why getting vaccinated is important

Measles has no specific treatment.

The MMR vaccine protects your child from measles, mumps, and rubella, potentially serious diseases caused by viruses. Almost everyone who has not had the MMR vaccine will get sick if they are exposed to those viruses. The vaccine keeps your child from missing school or childcare; and you from missing work to care for your sick child. Vaccination also limits the size, duration, and spread of outbreaks.

You are protected from measles if you meet at least one of the following:

- ☐ **You received two doses of the measles vaccine and meet at least one of the following criteria:**
 - A school-age child (Grades K-12)
 - An adult who will be in a setting that poses a high risk for measles transmission (including students at post-high school education institutions, health care personnel, and international travelers)
 - International travelers of 12 months of age or older
 - An adult who will not be in a high-risk setting for measles transmission
- ☐ **You received one dose of the measles vaccine and meet at least one of the following criteria:**
 - A preschool-aged child
 - An adult who will NOT be in a high-risk setting for measles transmission*
 - International traveler infant aged 6-11 months*
- ☐ **You have a laboratory confirmation of measles antibodies (IgG) or laboratory confirmation that you had measles at some point in your life**
- ☐ **You were born before 1957**

*If you are unsure whether you are fully vaccinated or if you are at high-risk of measles infection, talk with your health care provider.

Source: Pennsylvania Department of Human Services www.pa.gov/content/dam/copapwp-pagov/en/health/documents/topics/documents/diseases-and-conditions/Measles%20Guidance%20Schools_ChildCare.pdf

This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. **Your managed care plan may not cover all your health care expenses. Read your member handbook carefully to determine which health care services are covered. Call Aetna Better Health® Kids at 1-800-822-2447 (TTY: 711).**

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ATTENTION: If you speak a language other than English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-800-385-4104 (TTY/PA RELAY: 711) or speak to your provider.

ATENCIÓN: Si habla otro idioma que no sea inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. También, están disponibles sin cargo ayudas y servicios auxiliares apropiados para brindarle información en formatos accesibles. Llame al 1-800-385-4104 (TTY/PA RELAY: 711) o hable con su proveedor.

ВНИМАНИЕ: Если вы говорите на языке, отличном от английского, то вам доступны бесплатные услуги перевода. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также доступны для вас бесплатно. Звоните по номеру 1-800-385-4104 (TTY/PA RELAY: 711) или обратитесь к своему поставщику услуг.