



### **What can I do if I think someone in my family has measles?**

Phone your doctor immediately for advice.

Keep the child or adult at home and stop visitors coming to your home unless they know they are protected against measles (they have had two doses of MMR vaccine).

### **What can I do if my family has been in contact with someone with measles?**

If this is the case let your doctor know immediately and get medical advice.

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**If you have any questions or concerns about vaccines contact your own doctor or your local Health Centre for immunisation advice or the HSE Info Line on:**

**1800 700 700  
(Freephone)**



# Measles

Information Leaflet for the Traveller Community



## What is Measles?

Measles is a very infectious illness that spreads very easily. Both children and adults can become sick with measles.

Symptoms of measles:

- **High Fever**
- **Cough**
- **Runny nose**
- **Red eyes**
- **Red rash that starts on the head and moves down the body.**

Measles can cause chest infections, fits, ear infections, swelling of the brain and brain damage. Measles can be very serious and can cause deafness, blindness and even death.

Measles is worse for children under one year of age, pregnant women and people with poor immunity.

Children can get measles if they have not had the MMR (Measles-Mumps-Rubella) vaccine.



## What can I do to protect my family from measles?

Every parent wants to keep their children safe. The MMR vaccine is the safest way to protect children from measles.

Children should get the MMR vaccine at 12 months of age and a second dose at 4 to 5 years of age.

You are fully protected against measles if you have had 2 doses of the MMR vaccine.

## If I missed a dose of the MMR vaccine, how can I catch up?

Anyone who has not had 2 doses of the MMR vaccine can get the vaccine. The vaccine is free from your local doctor or from a HSE clinic.

If you were born in Ireland before 1978, you may not need the MMR vaccine. You are likely to have immunity against measles.

## What if I am unsure if I have had the vaccine?

If you are unsure if you or your child has had the MMR vaccine, you can check with your doctor.

## I have questions about the MMR, who should I talk to?

If you have any questions be sure to talk to your doctor or Public Health Nurse — no matter what the question is.

## The MMR vaccine is safe

We know there is a lot of misinformation about autism and vaccinations. But study after study has shown that vaccines do not cause autism. Research has also found that the rates of autism were the same in groups of children who received the vaccine, compared to those who did not receive the vaccine.

