

# MEASLES IS NOT COVID:

## COVID

### MASKING:

Masking helps reduce the risk of spreading or contracting COVID-19.

### VACCINATION:

COVID-19 vaccines provide strong protection for serious illness but do not eliminate the possibility of infection or reinfection, especially with new variations.

### BOOSTERS:

Boosters are recommended annually for most people.

## MEASLES

### MASKING:

Masking **does NOT** reduce the risk of spreading or contracting measles.

### VACCINATION

Measles vaccination generally provides **lifelong immunity**. Two doses of the MMR vaccine are about **97% effective** and provide long-term and possibly lifelong protection against measles.

### BOOSTERS:

No need for a booster.

# MEASLES IS NOT COVID:

## MAJOR RISKS OF COVID

Very rarely, COVID-19 can cause death or serious complications in children, usually in children with underlying health conditions.

## MAJOR RISKS OF MEASLES

- Even healthy children can have serious complications if they contract measles.
- **1 in 20** will get pneumonia
- About **1 in 1,000** will have brain swelling that can cause deafness and intellectual disabilities
- **1-3 in 1,000** will die.

## MORE INFORMATION:

One dose of MMR vaccine is **93% effective** and two doses are **97% effective**.

The first vaccine is usually given at 12-15 months of age, but in the case of an outbreak, doctors may suggest vaccines for children as young as 6 months old.

# MEASLES IN HUMBOLDT: WHAT TO KNOW TO STAY SAFE

## GUIDANCE FOR FAMILIES



Humboldt County  
Office of Education

# MEASLES FACT LIST

Measles is one of the  
**MOST** contagious viruses  
known to humans.

Up to 9 in 10 unvaccinated  
people will become infected if  
they are exposed to the virus.

1 in 5 people who get measles  
will be hospitalized, usually for  
problems breathing.

1 in 20 children who contract  
measles develop pneumonia.

Symptoms don't appear until  
four days after exposure.

You can be contagious before  
you ever show symptoms.

## ARE YOU VACCINATED FOR MEASLES?

Visit [tinyurl.com/mydvr-request](https://tinyurl.com/mydvr-request)  
or scan this code to obtain your  
Digital Vaccine Record (DVR).

If you cannot locate your  
records digitally, ask your  
primary care provider for a  
copy.



## VACCINATION INFORMATION

If you would like to get a  
measles vaccine, please contact  
your primary care provider. If  
you **DON'T** have a primary care  
provider, contact Public Health  
at 707-268-2108.

## SIGNS OF INFECTION:

- Bloodshot Eyes
- Sore Throat
- Watery Eyes
- Pink Eye
- Diarrhea
- Tiredness
- Rash
- Spots in Mouth
- Ear Infection
- Runny Nose
- Cough
- Fever
- Muscle Pain
- Hearing Loss
- Dehydration
- Headache
- Difficulty Breathing
- Pneumonia

### Symptoms of Measles



High fever



Sore throat



Tiredness



Cough



Runny nose



Red spots in  
your mouth



Rash



Red or  
bloodshot eyes



Diarrhea, stomach  
pain or vomiting



Muscle aches,  
headache

Source: Cleveland Clinic