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| Measles |
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* Measles outbreaks are currently occurring around the world.
* Travelling overseas or being around sick travellers can expose you to measles.
* Getting the measles-containing (measles-mumps-rubella) vaccine is the best way to protect yourself, your family, friends, and community against measles.

# What is measles

* Measles is a very infectious viral illness that spreads easily through the air when an infected person breathes, coughs or sneezes.

• Measles can be dangerous, especially for babies, young children, pregnant people and people with a weakened immune system. Severe measles can lead to hospitalisation and death.

# What are the symptoms of measles?

* Symptoms usually appear 7 to 18 days after exposure and can include a fever, cough, runny nose, red-watery eyes, and a rash.
* **If you or your child have symptoms, stay at home and call your GP clinic or hospital. Tell staff about your symptoms and recent travel history. Wear a face mask to prevent spreading the infection.**

# How to protect yourself?

* Immunisation is the best protection against measles. It’s safe, effective, free for eligible people, and can help stop the virus spreading in the community. Two doses are required for optimal protection against severe disease.
* Talk to your doctor or immunisation provider to make sure you and your family are vaccinated against measles, **especially before travelling overseas.**

**Free** measles, mumps and rubella (MMR) vaccine:

* for young infants aged 6 months to 11 months before overseas travel to countries with measles
* for children at 12 months (MMR) and 18 months (MMRV) of age on the National Immunisation Program (NIP)
* catch-up vaccination for people up to and including 19 years of age, and all refugees and humanitarian entrants over 20 years of age under the NIP and
* anyone born during or after 1966 who has not already received two doses of a measles-containing vaccine.

For more information on measles and how to protect yourself and others visit [Better Health Channel – Measles](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/measles) <www.betterhealth.vic.gov.au/health/conditionsandtreatments/measles>

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