

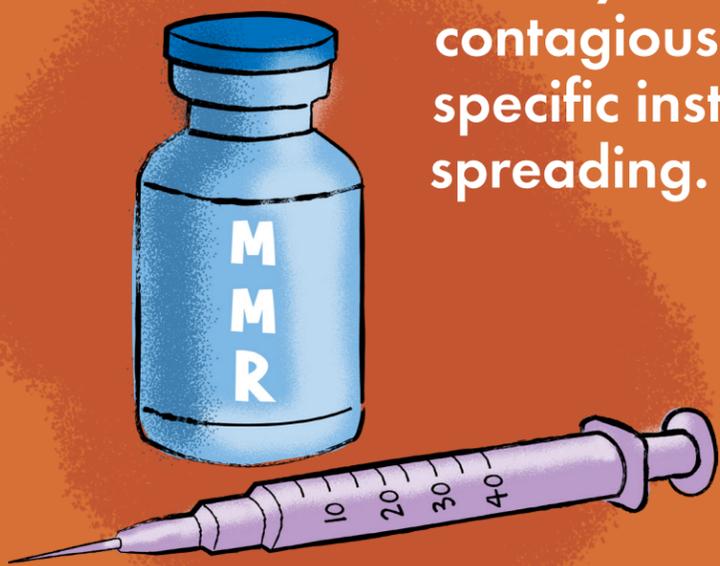
Protect yourself, your family and others with MMR vaccine.

Alaska had a case of measles in 2019. Many other states also had cases and measles outbreaks are occurring worldwide. Vaccination is your best defense.

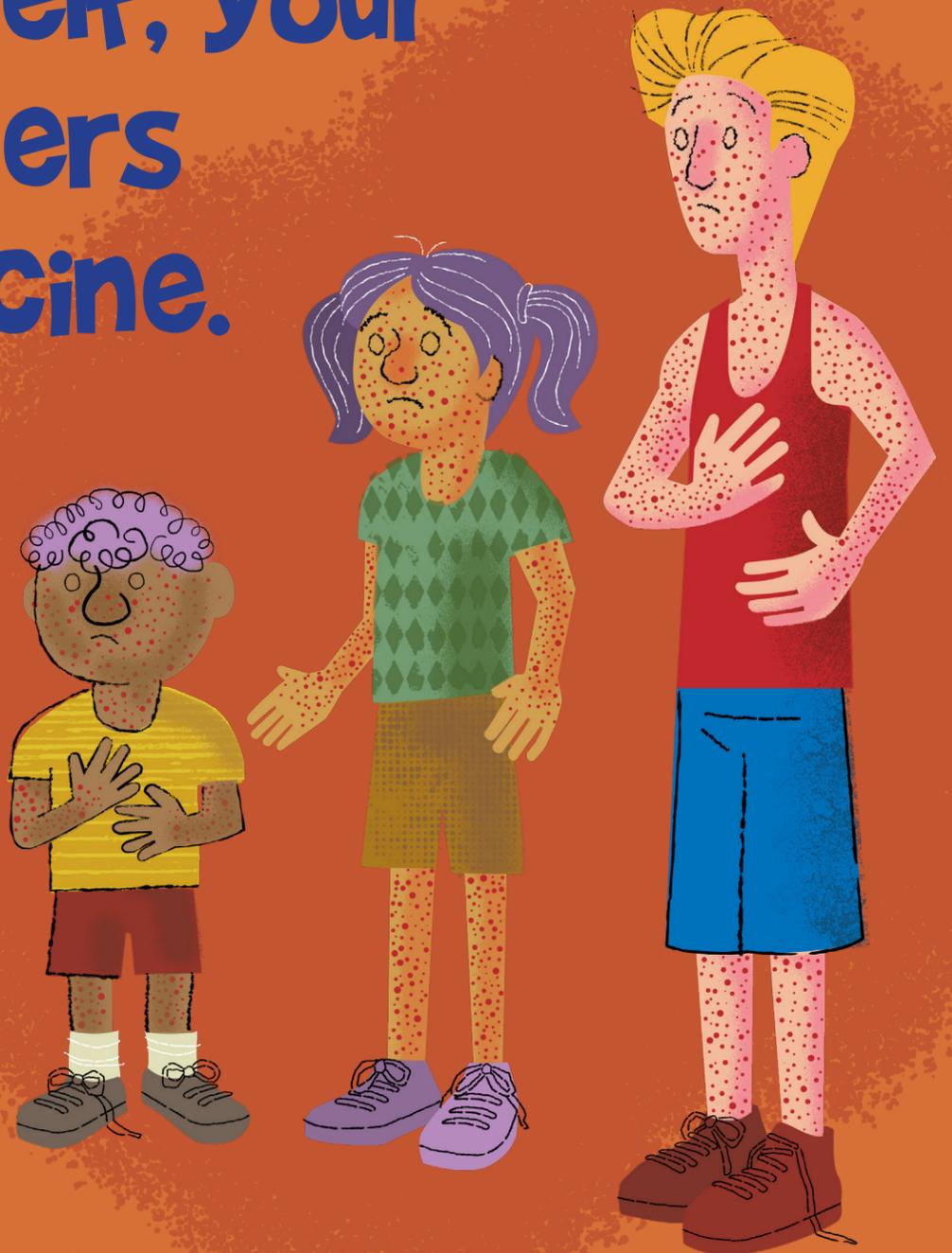
Now is the time to make sure your MMR (measles-mumps-rubella) immunization is up to date.

Keep watch for symptoms like runny nose, red watery eyes, fever, cough and sore throat, followed by a blotchy rash. It typically takes about 8-12 days after exposure for symptoms to occur but can take as long as three weeks.

Measles is extremely contagious, so if you are experiencing symptoms, call your health care provider first. Do **NOT** go directly to a doctor's office or clinic as you may be contagious. Your health care provider may have specific instructions to help prevent the disease from spreading.



Vaccination with MMR vaccine is highly effective. If you are vaccinated or otherwise immune, you are considered protected and are protecting your community too!



For more information on measles in Alaska visit measles.dhss.alaska.gov