

Measles

A highly contagious virus. Infects nine in ten non-immune people in close contact with someone who has it.

Spreads through the air. Coughing and sneezing send it into the air where it can linger for hours.

High fever, cough, runny nose, red eyes, then a rash starting at the hairline that spreads over the whole body.

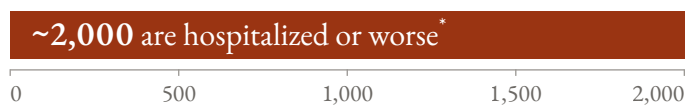
A miserable week or more. Fever can go above 104°F, and children are typically sick for seven to ten days.

Weakens the immune system by erasing some memory of prior infections, so kids get sick more easily for years.

Spreading again in the U.S. Very rare for decades, then thousands of cases reported in 2025 and 2026.

The MMR vaccine provides long-lasting immunity to measles. Two doses cut the risk by about 97%.

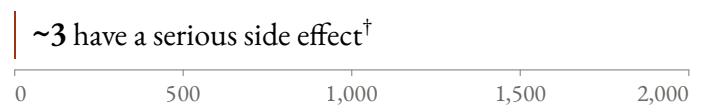
Of 10,000 children who get measles



- ~2,000 hospitalized
- ~500 pneumonia
- ~10 brain swelling (encephalitis)
- ~20 deaths, most often from pneumonia
- ~1 death from SSPE years later
caused by virus persisting in the brain

* Based on CDC estimates of rates among reported cases.

Of 10,000 children who get the MMR vaccine



- ~3 fever seizure, no lasting harm
- <1 temporary low platelet count
can cause unusual bruising or bleeding
- <<1 severe allergic reaction
- 0 deaths

† Fever or a mild rash after the vaccine is common and short-lived.
<<1 means much less than one per 10,000.



Scan for a short guide and a
private, no-judgment conversation.
calyptahealth.com/ask/measles

This sheet and its sources:
calyptahealth.com/sheets/measles