



Navajo Nation Navajo Epidemiology Center

Navajo Department of Health



Protect Your Community Against Measles.

**YOU CAN PROTECT YOU,
YOUR FAMILY AND YOUR
COMMUNITY**

MEASLES IS VERY CONTAGIOUS.

Measles is a serious, highly contagious disease that spreads through the air via coughs and sneezes. Up to 90% of unvaccinated people nearby can become infected.

Measles starts with fever, cough, runny nose, and red eyes. A rash appears on the head and spreads across the body, lasting about a week, while the cough can persist for 10 days. It can lead to serious complications like pneumonia, encephalitis, or death



The MMR vaccine is 97% effective against measles



Children should receive two doses:

- 1st dose at 12-15 months
- 2nd dose at 4-6 years



Vaccination provides strong protection. Consult a healthcare provider if you develop symptoms after exposure. Most vaccinated adults are presumed immune.

GET VACCINATED AGAINST MEASLES!

The measles-mumps-rubella (MMR) vaccine is available at all IHS/638 facilities on the Navajo Nation.

