

MEASLES AND PREGNANCY:

Are You Protected?

MEASLES INFORMATION

Measles is highly contagious and can be very serious during pregnancy.



One infected person can cause 14 to 18 additional measles cases.



Symptoms include fever, cough, runny nose, and sore eyes, followed by a rash. The fever can spike to 104° or higher.



HOW DO I KNOW IF I AM PROTECTED AGAINST MEASLES?



You're protected against measles if you have a written record of one of the following:

- You had 2 doses of the measles vaccine as a child or 1 dose as an adult
- You had measles as a child
- You had a blood test that shows you are immune to measles
- You were born before 1957

If you do not have a written record of one of the above, you should get at least 1 dose of the MMR vaccine as an adult.

POTENTIAL COMPLICATIONS



Maternal complications include pneumonia, brain swelling, ear infection, and blindness.



Fetal complications include preterm birth, low birth weight, infant infection, stillbirth, or miscarriage.

THE MEASLES-MUMPS-RUBELLA (MMR) VACCINE

The MMR vaccination is the best defense against measles.

You can get the MMR vaccine:

- Before pregnancy and wait at least 4 weeks after getting the MMR vaccine to get pregnant, or
- After you have your baby



If You Think You've Been Exposed to Measles:

If you have been near someone with measles or in the same room within 2 hours as someone with measles and you are pregnant, contact your healthcare professional right away. If you are not protected against measles, you can get a medication called immune globulin within 6 days of your exposure.



Scan for more information about Measles and Pregnancy