



April 25, 2019

Measles Update and FAQs

Health officials have confirmed 38 measles cases in California since January (0 cases in Contra Costa County), and many more cases across the U.S. Measles is a serious, life-threatening illness that is preventable through vaccination, and Contra Costa Health Services (CCHS) urges both children and adults to be immunized.

The ongoing outbreak in the U.S. highlights the importance of Contra Costa residents being up to date on all vaccinations.

How do I know if my family and I are protected from measles?

Measles is a highly contagious virus that spreads easily through the air when someone with measles coughs or sneezes. Although measles is very contagious, it is highly preventable through vaccination. If you and your children have been fully vaccinated, you are well protected from measles. The current outbreak in the U.S. serves as an important reminder that everyone needs to be vaccinated if they have not had the disease in the past. County residents are encouraged to review their family's immunization records.

Should children get the measles vaccine?

Yes. Both the Centers for Disease Control and Prevention (CDC) and pediatricians recommend that children get two doses of the MMR (measles, mumps, and rubella) vaccine. The first dose is given at 12 to 15 months of age and the second dose usually at 4 to 6 years of age. Two doses of MMR vaccine are more than 99 percent effective in preventing measles. If you are traveling internationally with an infant under 12 months of age, contact your regular health care provider.

Should adults get the measles vaccine?

People born before 1957 are considered immune as they likely had measles as children and developed immunity from the disease. Adults born after 1957 should review their vaccination record to ensure they have received the MMR vaccine. Talk to your regular health care provider if you have any questions about your immunization status.

Where can I get the MMR vaccine?

There are several ways you can get MMR vaccine if you need it:

- From your regular health care provider. Contact your health plan for information on reimbursement for vaccinations.
- From a community immunization provider, including pharmacies. Visit cchealth.org/immunization for a list. Please call ahead for pharmacy age restrictions, hours, and cost.
- MMR also is offered at Public Health immunization clinics. For clinic schedules and fees visit cchealth.org/immunization/clinics.php
- Contra Costa Health Plan members can visit cchealth.org/healthplan

Where can I get more information?

More information about measles is available online at cchealth.org/measles

