

Think Measles

It isn't just a little rash

Measles can be dangerous, especially for babies and young children, pregnant women and people with a weak immune system.

Measles is very contagious

Measles spreads through the air when an infected person coughs or sneezes. It can spread very quickly and easily in busy or crowded places.

Measles symptoms typically include:

- High fever which may reach around 40 degrees Celsius
- Cough and runny nose
- Sore/red eyes
- Loss of appetite
- Tiredness, irritability and a general lack of energy
- Rash – usually appears on head and neck first and spread to rest of the body



You have the power to protect yourself and your family.

Get safe and long-lasting protection against measles by making sure that you and your family have had the two recommended doses of measles-mumps-rubella (MMR) vaccine.

It's never too late to catch up – talk to your doctor or HSE healthcare worker about getting your **free** catch-up MMR vaccine.

Further information about measles and MMR vaccination is available at [hse.ie/measles](https://www.hse.ie/measles)



Find your nearest clinic here

