

# HEALTHLINE

## Measles Myths & Facts: Know the Truth, Stay Protected

**Myth:** Measles is a mild childhood illness.

**Fact:** Measles can cause severe symptoms such as pneumonia, encephalitis (brain swelling), long term immune suppression and even death.

**Myth:** Only children can get measles.

**Fact:** People of all ages can be infected with measles if not immune, especially young children not yet eligible for the vaccine and immunocompromised people.

**Myth:** The measles vaccine causes autism.

**Fact:** Numerous studies have failed to show any connection between the MMR vaccine and autism.

**Myth:** Hand washing can prevent measles.

**Fact:** While handwashing can protect you from other illnesses, Measles virus can live on tiny droplets and remain airborne for at least two hours after an infected person has left. Measles is highly contagious—an infected person can spread it to 9 out of 10 people who are exposed, unless they are protected by the MMR vaccine.

**Myth:** The MMR vaccine is not effective.

**Fact:** The MMR vaccine is very effective. The first MMR provides 93% immunity. With the second MMR, the immunity rises to 97%.

**Myth:** Only children can receive the MMR vaccine.

**Fact:** Adults can also get vaccinated. If you wish to get vaccinated or are uncertain of your vaccination status, contact your medical provider or public health department.

**Myth:** We have herd immunity.

**Fact:** To achieve herd immunity, a population must have a 95% vaccination rate. Currently Nebraska has a 93.5% vaccination rate in school children.

**Myth:** Anyone can get the MMR vaccine.

**Fact:** Very young children (indicated at 12-15 months, second dose at 4-6 years), pregnant women, and immunocompromised people are not generally eligible to get the MMR. This makes these people at very high risk of contracting the disease if exposed.



**Need more information?**  
Scan the QR code or visit [www.cdc.gov](http://www.cdc.gov)



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# PREVENTION

## **Stop Measles: Get Vaccinated!**

Measles is highly contagious, but the good news is it's completely preventable with a simple vaccine. Getting vaccinated not only protects you but also helps safeguard your loved ones and the most vulnerable members of our community. Do your part to create a healthier future for everyone.

Contact your nearest clinic and schedule your FREE vaccination today!

### **McCook Clinic**

1301 East H Street  
McCook, NE 69001  
308-344-4110

### **Southwest Nebraska Public Health Department**

404 W 10<sup>th</sup> Street  
McCook, NE 69001  
308-345-4223

### **Trenton Medical Clinic**

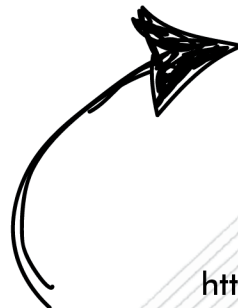
406 East First Street  
Trenton, NE 69044  
308-334-5155

### **Red Willow County Health Department**

1400 W 5th Street  
McCook, NE 69001  
308-345-1790

### **Curtis Medical Clinic**

302 East Sixth Street  
Curtis, NE 69025  
308-367-4162



<https://www.kdhe.ks.gov/2314/Measles-Data>

**Stay up-to-date on the ongoing measles outbreak  
identified in Southwest Kansas**