

U.S. Measles Cases are Rising—Make Sure Your Family is Protected

In the first few months of 2025, there have been multiple outbreaks of measles with deaths reported. Notably, there is an ongoing [outbreak of measles in Quebec](#). Most cases have been in children and teens who are unvaccinated against measles. [Get current information about cases and outbreaks \(CDC\)](#).

Measles is not just a little rash. Measles is a highly contagious respiratory virus that can be dangerous, especially for babies and young children. Some may suffer from severe complications, such as pneumonia (infection of the lungs) and encephalitis (swelling of the brain). Nearly 1 to 3 of every 1,000 children who become infected with measles will die from respiratory and neurologic complications.

Measles is almost entirely preventable with vaccines. While most people in the U.S. and Vermont are vaccinated against measles, communities with lower vaccine coverage are at higher risk for outbreaks. Vaccinating your family protects other children from measles who can't get vaccinated because they are too young or have medical conditions. Being vaccinated against measles is your best defense against measles.

Here's how you can help keep your family, school, and community healthy:

- 1. Make sure you and your family are vaccinated against measles—especially if you plan to travel outside of the U.S.** Measles is still common in many parts of the world. Every year, measles is brought into the U.S. by unvaccinated travelers who get measles while they are in other countries.
 - Children should get two doses of measles, mumps, and rubella (MMR) vaccine—the first dose at 12-15 months and the second dose at 4-6 years.
 - Babies 6-11 months old who are traveling internationally should get an early dose of the MMR vaccine at least two weeks before travel.
- 2. If your child is sick with measles symptoms, stay home and call your doctor.**
 - Symptoms usually start with a high fever, then a cough, runny nose, and red and watery eyes. A rash usually appears three to five days after the first symptoms.
 - If you do not have a health care provider, call 2-1-1 to be connected to care.
 - If you suspect measles, make sure to **call before** going to a doctor's office, the hospital, or a clinic to let them know about symptoms. Because the virus is so contagious, the office will need to take precautions before you arrive.
 - While there is no treatment for measles, your doctor will have the best guidance on how to care for a child with measles.

For more information on measles and vaccines, visit [HealthVermont.gov/measles](https://healthvermont.gov/measles). [Fact Sheet](#)