

# Protecting Your Child from Measles

## TRANSCRIPT

Protecting your child from measles is simple with the MMR vaccine. Measles is a serious disease that can make a child very sick. Young children are at the highest risk of becoming ill and may have to go to the hospital for complications from measles like dehydration, lung infection, high fever, ear infections and more.

Measles can be prevented with the measles, mumps, and rubella or MMR vaccine. The MMR vaccine is fully tested and has been used safely all over the world for over 50 years. It works very well and is the best tool we have in our fight against measles.

The first dose of the MMR vaccine is recommended for children 1 year of age and again before they start school between 4 and 6 years. If your child has not had an MMR vaccine and they are exposed to measles they will need to stay home from child care, school, and other activities, and away from others, for 21 days.

You can get the MMR vaccine at your clinic. If you have any questions or concerns, ask your health care provider! Your health care provider will tell you what to expect after the shot, and give you a paper, called a Vaccine Information Statement, with this information.

Children are at risk of measles until they're vaccinated. Check if your children are vaccinated, and we can all work together to keep each other healthy.

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*To obtain this information in a different format, call: 651-201-5414.*