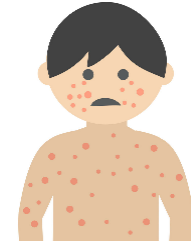


What You Should Know About Measles

Message for Parents/Guardians



Date: March 18, 2025

Key Points:

- Measles cases are going up in the United States.
- As of this date, no measles cases have been reported in Oregon in 2025.
- Most of the current measles cases in the United States are among children who are not vaccinated.
- The Measles, Mumps, Rubella (MMR) vaccine is the most important way to prevent the spread of measles and to keep you and others from getting sick.
- Students who are not vaccinated and who are exposed to measles will need to be out of school for at least 21 days.
- Please get vaccinated.

About Measles

Measles is a viral infection that usually starts with a fever, cough, runny nose, and red eyes. A rash usually follows, beginning on the face and spreading to the rest of the body. Measles can lead to serious health problems or death. Measles spreads very easily through the air after a person with measles coughs, sneezes, or even breathes, so it is important to protect against infection. **Getting vaccinated is the best way to prevent measles.**

Measles Vaccines

Two doses of MMR vaccine provide the best protection against disease. These doses must be separated by at least 28 days. Most people get their first MMR vaccine when they are babies, and the second dose before entering school, at 4-6 years. **In the event of a measles outbreak, students and staff who are not vaccinated and who are exposed to measles will need to be out of school or childcare for 21 days or more.**

It is important to check your child's vaccination records to make sure they have received two doses of MMR vaccine. Your school, family health care provider, or local health department can help you get your child's vaccination record.

Places where you can get vaccination:

- Your regular medical provider
- Supporting medical providers, like [SamCare Express](#)
- School-Based Health Centers
 - Lincoln Health Center: (541) 766-3546
 - Monroe Health Center: (541) 766-6000
- Benton County Health Department: (541) 766-6835

To learn more about measles, visit the [CDC Measles Vaccination](#) page.