



# Event remarks about measles

**You can use these remarks at a community event to share information about measles, vaccination, and staying healthy. Feel free to use only the parts you need or adapt these remarks to share your message with your community.**

Measles is a serious illness, and right now it is spreading in our community. It is caused by a highly contagious virus that spreads easily when people cough, sneeze, breathe, or even talk.

Some people face a much greater risk from measles. That includes babies and young children who are not yet fully vaccinated, pregnant people, and people with weakened immune systems. For these community members, measles can be especially dangerous and can lead to serious complications, including hospitalization.

The good news is that we know how to protect ourselves and one another.

The strongest protection against measles is vaccination. Doctors and other medical experts trust the measles vaccine because it is safe and proven to work. The vaccine helps strengthen our immune systems by teaching the body how to fight the virus before it can make us seriously sick. The measles vaccine is given in two shots, available at doctors' offices, clinics and many pharmacies.

We can also help limit the spread by staying home and away from others when we are sick. If you have a fever, cough or runny nose, staying apart from others can help stop measles from spreading.

A rash usually appears later, which can make it harder to recognize at first. If you or your child develops a rash, call your doctor or clinic before going in. They can help make a plan for care while reducing the chance of exposing others.

Protecting our community from measles is something we can do together: Get vaccinated, know the symptoms, and stay home when sick. By taking these steps, we can protect the people we love and help keep our communities healthy and safe.

