

# Measles

There has been a rise in measles cases in Victoria, and around the world.

Two doses of the measles-mumps-rubella (MMR) vaccine is the best way to protect yourself, your family and community against measles.

## What is measles?

Measles is a highly infectious viral illness that spreads easily through the air when an infected person breathes, coughs or sneezes.

Measles can be dangerous, especially for babies, young children, pregnant people and people with a weakened immune system.

Severe measles can lead to hospitalisation and death.

## What are the symptoms of measles?

Symptoms usually appear 7 to 18 days after exposure and can include a fever, cough, runny nose, red-watery eyes, and a rash.

**If you think you have measles, get tested. Call the health service to advise that you may have measles and wear a fitted face mask to prevent spreading the infection.**

## How to protect yourself

Two doses of the MMR vaccine are required for immunity. If you haven't had two doses, or you don't know, get vaccinated.

Talk to your GP or local pharmacist to make sure you and your family have all received two doses, or check [here](https://www.betterhealth.vic.gov.au/health/healthyliving/how-to-find-your-immunisation-records): <<https://www.betterhealth.vic.gov.au/health/healthyliving/how-to-find-your-immunisation-records>>

If you are travelling, make sure you have had two doses of MMR vaccine. If you're visiting friends and family, make sure your vaccinations are up to date.

In Victoria, MMR vaccine is free if you are:

- Eligible under the National Immunisation Program:
  - Infants aged 12 and 18 months
  - People under 20 years of age who need catch-up vaccination
  - Refugees and humanitarian entrants of any age.
- Eligible under the Victorian state-funded MMR program:
  - Anyone born during or since 1966 and haven't had two doses of the MMR vaccine.
  - Infants aged from 6 -11 months of age prior to overseas travel

No Medicare card is needed to access state-funded MMR vaccine.

For more information on measles and how to protect yourself and others visit [Better Health Channel – Measles](https://www.betterhealth.vic.gov.au/health/conditionandtreatments/measles)

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