

THE MEASLES VACCINE IS ALSO RECOMMENDED FOR ADULTS

Adults who haven't had the measles vaccine or the disease itself are advised to get two doses of the MMR vaccine, given four weeks apart. It's also recommended that all adults born before 1980 or vaccinated between 1980 and 1992 get revaccinated.

THE MMR VACCINE IS HIGHLY RECOMMENDED FOR:

- Individuals with family members under 1 year old, those who are immunocompromised (e.g. undergoing chemotherapy, HIV-positive), or pregnant women;
- Those planning to travel to areas where measles is common.
For more information visit: vaktsineeri.ee/en/travel-vaccination;
- People with occupational risks (e.g. healthcare workers).

MMR VACCINATION IS NOT RECOMMENDED FOR:

- Pregnant women; it's advised to avoid pregnancy for 1 month after MMR vaccination;
- Individuals with severe immunodeficiency;
- Those with hypersensitivity to the vaccine's ingredients.

IT'S ALWAYS SAFER TO PREVENT A DISEASE THAN TO ENDURE ITS EFFECTS

Vaccination saves the lives of millions of people worldwide every year.

VACCINES ARE VERY EFFECTIVE

Most childhood vaccinations provide immunity to 95-99% of those vaccinated. In the rare event that a vaccinated child does contract the disease, it tends to manifest in a milder form.

VACCINATION IS SAFE

Vaccines have been in use for decades. They have been extensively studied to understand their effects thoroughly.

The measles vaccine: providing essential protection



If you have any questions, please consult your family nurse or family doctor.

Family doctor's helpline **1220**

vaktsineeri.ee/en
terviseportaal.ee/en



vaktsineeri.ee

PROTECT YOUR CHILD!

Timely vaccination protects against life-threatening infectious diseases.

TERVISEKASSA



TERVISEAMET

Measles continues to claim the lives of unvaccinated children in several European countries.

MEASLES IS A HIGHLY INFECTIOUS VIRAL DISEASE

Measles is a highly contagious viral disease spread through the air. An infected person can spread the virus to up to 18 unvaccinated people. The main source of infection is a sick person who is contagious from 4-5 days before to 5 days after the rash appears.

The measles virus spreads through the air when an infected person coughs or sneezes, causing droplet infection. The virus can remain in the air for some time and can be carried to other rooms by air currents.

ONE OUT OF EVERY FOUR PATIENTS REQUIRES HOSPITAL TREATMENT

The illness is characterized by high fever (over 40°C), feeling unwell, cough, runny nose, eye inflammation, and sensitivity to light. A distinctive sign is the appearance of white spots with a bright red border (called Koplik's spots) on the inside of the cheeks above the back teeth around the second day of symptoms. A rash then develops on the skin after a few days.

MORE SEVERE CASES CAN LEAD TO THE INFLAMMATION OF THE BRAIN

There is currently no specific treatment for measles. Common complications include pneumonia and ear infections. In more severe cases, individuals can develop acute brain inflammation, known as encephalitis. Complications are more frequent in children under 5 and adults over 20 years old.

Vaccination is the only way to prevent severe effects of the disease. The 2018 measles outbreak in Saaremaa showed that the easily spread disease affected those who were not fully protected, including those who had only received one dose of the vaccine.

TIMELY VACCINATION PROTECTS AGAINST INFECTION

The most effective way to prevent measles infection is by vaccinating children on time. In Estonia, the measles vaccine is free for children as part of the immunization plan.

Children receive the measles vaccine at age 1 and a booster shot at age 13. Family doctors administer vaccines to young children, while school nurses vaccinate teenagers.

MMR VACCINE PROTECTS AGAINST THREE DISEASES AT THE SAME TIME

A combined vaccine is used for vaccination, providing protection against measles, rubella, and mumps. This vaccine is called the MMR vaccine, named after the English initials of the diseases.

The most common side effects of the MMR vaccine include pain and swelling at the injection site, as well as a fever of 38.5°C or higher. In some cases, a fever and a rash resembling measles or other rash may occur within two weeks of vaccination. These rashes are not contagious and typically go away on their own. Serious side effects are rare. However, because the MMR vaccine is live, there is a slightly higher risk of serious side effects in people with weakened immune systems.

CLOSE CONTACTS OF SOMEONE WHO HAS CONTRACTED MEASLES SHOULD BE VACCINATED WITHIN 72 HOURS

Since measles is highly contagious, it's important to avoid contact with an infected person during the contagious period. Close contacts who have not had the disease or been vaccinated should be separated from the patient and vaccinated as soon as possible (within 72 hours after contact). The first post-exposure vaccine dose is free for adult close contacts.

Measles spreads in outbreaks. According to the World Health Organization, at least 95% of the population should be vaccinated to prevent the spread of measles. Because measles is highly contagious, the risk of new outbreaks is very high with lower vaccination coverage.