



Protect Your Family from Measles

- Measles spreads through the air when an infected person breathes, coughs, or sneezes and can live in the air and on surfaces for two hours.
- 9 out of 10 exposed individuals who are not immune will get sick.
- Measles symptoms can become worse over time leading to severe complications, including death. Children younger than 5, adults older than 20, pregnant women, and immunocompromised persons are at the highest risk of serious complications from measles infection.

The measles vaccine is safe and has been protecting Nebraskans for generations!

DO NOT WAIT. Contact your doctor to schedule a measles vaccine today! If you do not have a doctor, contact your local health department to find a vaccine clinic near you.