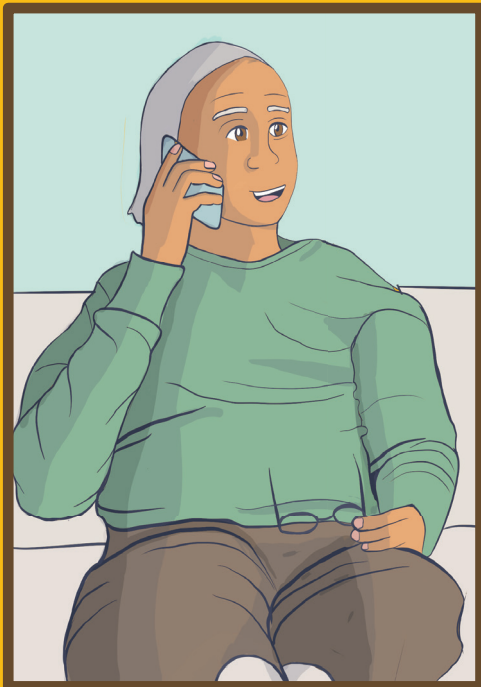


AWARENESS IS STRENGTH!



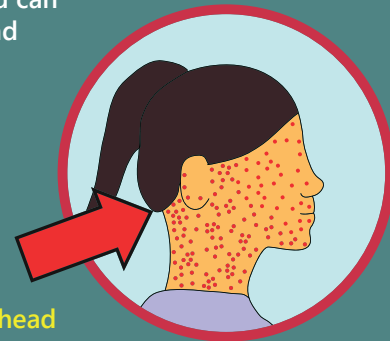
IF YOU ARE UNCERTAIN ABOUT YOUR VACCINATION STATUS, CONTACT YOUR LOCAL HEALTHCARE CLINIC.

MEASLES IS SPREADING THROUGH OUR AREA, BUT YOU CAN TAKE STEPS TO PROTECT YOURSELF, YOUR FAMILY, AND OUR COMMUNITY

Measles is a very contagious virus and can be serious. It affects both children and adults.

Symptoms of Measles can include:

- Runny Nose
- Pink/watery eyes
- Cough
- Fever
- Full-body rash that begins at the head and behind the ears



The best defense against measles is the measles vaccine (MMR). It has been used for over 60 years and is proven to be effective and safe.



ALBUQUERQUE AREA
INDIAN HEALTH BOARD



ALBUQUERQUE AREA SOUTHWEST
TRIBAL EPIDEMIOLOGY CENTER

Q: WHAT SHOULD I DO IF I'M UNSURE WHETHER I'M IMMUNE TO MEASLES?

You should first try to get your vaccination records. If you do not have written documentation of measles immunity, you can either:

- Get vaccinated with measles-mumps-rubella (MMR) vaccine. There is no harm in getting another dose of MMR vaccine.

OR

- Have a healthcare provider test your blood to determine whether you're immune. This is called a measles titer test.

FOR HELP WITH YOUR VACCINATION RECORD IN NEW MEXICO, SCAN THIS QR CODE!

