

In the last two decades, the measles, mumps, and rubella (MMR) vaccine has [prevented 56 million deaths](#) worldwide. Unfortunately, multiple measles outbreaks have been reported in the last ten years as vaccination rates decline. Experts warn that currently, more than [8,500 schools](#) in the U.S. are at increased risk of a deadly measles outbreak due to these declining rates.

Declining vaccination rates are dangerous for our entire community. Some people with weakened immune systems, including people with cancer and HIV, [cannot be vaccinated](#). Additionally, people who are pregnant or have vaccine-specific allergies cannot be vaccinated, either. Some people, especially the very young and old, are even susceptible to the infection when vaccinated, making [community immunity](#) even more important. When everyone who can get vaccinated is immunized, we protect those in our community who are most at risk.

Measles spreads through the air when an infected person coughs or sneezes, and it has a [90% infection rate](#). It is one of the most infectious diseases on the planet. Measles causes a high fever, barking cough, runny nose, watery eyes, and painful rash. One in every 20 children who contract measles develops pneumonia and [one to two of every 1,000](#) die from the infection. One in every 1,000 children with measles also develops painful brain swelling, called encephalitis, which can lead to seizures, deafness, and intellectual disabilities.

If these aren't reasons enough to get vaccinated, consider the economic toll of a measles outbreak in Indianapolis. Experts estimate that of 11 previous measles outbreaks, the median associated cost per outbreak was [\\$152,308](#) – but the most expensive outbreak cost the community almost \$1.1 million.

Measles symptoms develop seven to 14 days after exposure, and the infection lasts for seven to 10 days after symptoms begin. That means almost two weeks of missed work if you become sick or have to care for a sick child or family member. Two weeks of missed work is an entire bi-weekly pay period.

The MMR vaccine is well-studied and affordable. A single dose is 93% effective, while the two-dose series is [97% effective](#). That means only three in 100 vaccinated people might still get sick. In the few vaccinated people who might contract measles, their symptoms are much milder and more manageable. In addition to being effective, multiple studies have proven that the [vaccine is safe](#) and does not cause Autism.

The MMR vaccine is covered by insurance and provided free of charge to the uninsured. If you, your child, or your loved ones are unvaccinated, schedule your immunizations today.



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