



**FREMONT COUNTY DEPARTMENT OF  
PUBLIC HEALTH & ENVIRONMENT**

201 N. 6<sup>th</sup> Street  
Cañon City, CO 81212  
P: 719-276-7450 F: 719-276-7451

**For immediate release:**

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**With measles cases rising nationwide, officials urge MMR vaccination for Coloradans ahead of spring break travel**

With measles cases increasing across the U.S. and spring break travel approaching, the Colorado Department of Public Health and Environment urges Coloradans to get vaccinated against the highly contagious disease. The best protection against measles infection is the measles, mumps, and rubella (MMR) vaccine.

The MMR vaccine is highly effective in preventing measles, providing about 93% protection after one dose and about 97% protection after two doses. The MMR vaccine is available for no or low-cost at FCDPHE, doctor's offices, and some pharmacies.

CDPHE and FCDPHE recommend that all children and adults who are not already immune get vaccinated. Children should get two doses of MMR vaccine, starting with the first dose at 12-15 months, and the second dose at 4-6 years. Infants 6-11 months of age should receive an early dose of MMR vaccine before traveling internationally, ideally at least two weeks before travel.

Adults who may need to be vaccinated include:

- Adults vaccinated before 1968 who received either inactivated (killed) measles vaccine or measles vaccine of unknown type, as the inactivated measles vaccine wasn't as effective.
- Adults who are unsure of their MMR vaccination history. There is no harm in getting a dose of MMR vaccine even if you may be immune already.

There is no recommendation for adults born between 1968 and 1989, who likely received just one dose of the measles vaccine, to receive a second dose of MMR. Coloradans are urged to take the following steps:

- **Get vaccinated:**
  - If you are unsure of your vaccination status, or if you have never received the MMR vaccine, talk to your health care provider about getting vaccinated. You may be able to find your or your child's vaccine records through the [Colorado Immunization Information System \(CIIS\) public portal](#). You can find a vaccine provider near you on CDPHE's [Get vaccinated webpage](#).
- **Check your travel destination:**
  - Measles outbreaks are occurring in various parts of the U.S. and countries around the world. If you are traveling in the U.S., check CDC's [Measles Cases and Outbreaks webpage](#). If you are traveling internationally, check the CDC's [Global Measles Travel Health webpage](#).



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- **Know the symptoms:**
  - Measles symptoms typically appear 7-21 days after exposure and include:
    - A high fever (may spike to more than 104°F).
    - Cough.
    - Runny nose.
    - Red, watery eyes.
    - Rash (3-5 days after other symptoms begin).
  - If you develop these symptoms, stay away from others as much as possible and contact your health care provider immediately. Health care providers caring for a patient suspected to have measles should contact the state or local public health agency immediately. CDPHE can be reached at 303-692-2700, or after hours 303-370-9395 (evenings, holidays, weekends).

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