



**DON'T MISS OUT.**

**GET VACCINATED.**

**PROTECT YOURSELF AND OTHERS –  
HELP ERADICATE MEASLES.**

**A world without measles is possible.**

Switzerland wants to help make measles a thing of the past. Thanks to widespread vaccination, there are no cases of measles in North and South America, Finland and Australia. The other Scandinavian countries and some Asian countries such as Japan, Taiwan and South Korea are close to being measles-free. It is high time for Switzerland to eliminate measles too.

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**DON'T  
MISS OUT – GET  
YOUR MEASLES  
VACCINE NOW.**

**Have you been vaccinated?**



**If you have measles, you must stay at home.  
[www.stopmeasles.ch](http://www.stopmeasles.ch)**

## THE DISEASE

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### If you have measles, you must stay at home.

Measles is a highly infectious disease, so if you catch it, you must stay at home. The symptoms are very unpleasant, and the disease can lead to serious complications. If you come into contact with someone who has measles, you must stay in quarantine unless you have been vaccinated against the disease or have already had it. Up to three weeks can pass between becoming infected and symptoms appearing. And you might miss out on a lot during this time.



### What is measles?

Typical symptoms of measles are a runny nose, a cough, sore eyes, a high temperature and a red rash. Measles can often lead to complications, including ear infections, infections of the airways and even inflammation of the brain. These can cause permanent disabilities, and in rare cases measles may even lead to death. In the best case, the patient recovers after about five days.

### Is measles a 'children's disease'?

No. If you have never had measles and are not vaccinated against it, you can catch the disease no matter how old you are. Adults often suffer more serious symptoms than children and are more likely to develop complications.

### Is it good for a child to have the disease?

No. Measles is not harmless and the immune system is not strengthened by having the disease. The opposite is true: the immune system remains weak for several weeks after. Vaccinating against measles effectively avoids suffering, complications, time spent in hospital or even death. Other children and people with weak immune systems can be protected against a disease which poses an even greater threat to them. A child who is ill cannot go to nursery, kindergarten or school for a long time. This creates a difficult situation for the parents, who have to make sure that their child is cared for at home.

## VACCINES PROTECT

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### No need to fear the measles vaccination.

The measles vaccine has been in use for over 40 years and has been proven to be safe and effective. The vaccination mimics a natural infection: the body produces anti-bodies which protect it against the disease for the rest of the person's life. If side-effects occur, they are usually minor and much less dangerous than the illness itself. The first dose of the vaccine is usually given to babies aged 12 months and the second between 15 and 24 months. Teenagers and adults (born in 1964 or later) can also be vaccinated, at any time. The measles vaccine is usually given in combination with the mumps and rubella vaccines (MMR). It makes sense to have the MMR vaccination even if you have had one of these illnesses or have been vaccinated against one of them.

### Why vaccinate against measles?

There are frequent measles epidemics in Switzerland. Anyone who is not immune can pass on the disease to others who are not immune, putting them at risk. The disease is particularly dangerous for infants, people with a weak immune system and pregnant women who have not already received the vaccine or had the measles. So having the vaccine means you also protect others.

**Check if you have been immunised.  
If necessary, have the vaccination.**

This will protect you and others. Ask your doctor or get advice from a pharmacist.

PS: If you vaccinate against measles before the end of 2015 the costs are covered – you only have to pay the medical insurance deductible!